Vancouver metro

WEEKEND, JANUARY 27-29, 2017

OPENING WEEKEND

AN EXHIBITION ON JAPANESE ART, ARCHITECTURE AND CULTURE

JAPAN UNLAYERED

JAN 27 – FEB 28
FAIRMONT PACIFIC RIM
VANCOUVER, CANADA

KENGO KUMA
KIMONOS
SAKURAI JAPANESE TEA EXPERIENCE
MUJI
WAKETOKUYAMA, CHEF HIROMITSU NOZAKI
BEAMS JAPAN
ACURA

#JAPANUNLAYERED
JAPANUNLAYERED.COM

westbank PETERSON

light up

YOUR NEW YEAR WITH THE
NO. 1 ESSENCE IN CANADA*

BIOTHERM

IN 8 DAYS,
YOUR SKIN LOOKS:

- BRIGHTER
- SMOOTHER
- MORE EVEN
- RESILIENT
- PLUMPED
- FRESHER
- UNIFORM

对比大陆零售价格节省20%

*Based on NPD year-to-date retail sales in Canada (January 2016 - November 2016).

THE VISIT IS OFF

Inside the growing divide between the U.S. and Mexico

metroNEWS

연태고량 SKU# +958892

喝烟台古酿 交山东朋友

Drink YANTAIGUNIANG. Make friends from Shandong

YANTAIGUNIANG available in BC Liquor Stores

19+ Enjoy Responsibly.

Vancouver metro

SUGAR SHOWDOWN
metroSCIENCE

Your essential daily news | WEEKEND, JANUARY 27-29, 2017

High 8°C/Low 3°C Cloudy

DECOLONIZING CANADA 150

Vancouver handles the 150th anniversary of Confederation right metroNEWS

First Nations canoes completing the last leg of Tribal Journeys, an annual event celebrating native culture, arrive in Cowichan Bay, B.C., in 2008. Tribal Journeys will land in Vancouver this summer as part of the city's Canada 150+ celebrations.
THE CANADIAN PRESS

THE BIG SQUEEZE
When deuces are wild

Poké takes over Vancouver

Good reasons to check out winter sailing

VANCOUVERING

Events & Adventures
Live a Life You Love

Single?

GET TO KNOW VANCOUVER & MAKE NEW FRIENDS

JOIN THE CLUB
30 GREAT EVENTS EVERY MONTH
Kayaking | Hiking | Skydiving
Wine Tasting | Dinner Cruises & More

www.eventsandadventures.ca

WEST COAST AUTO GROUP IMPORT SUPERSTORES

TAKE CONTROL WITH PREDICTIVE i-ACTIVE AWD!

0% FOR UP TO 84 MONTHS OR UP TO $4550 IN REBATES ON SELECT MODELS.
ALSO UP TO $1000 IN ACCESSORY CREDITS ON SELECT MODELS.

2017 MAZDA3 GX 6MT

LEASE FOR $104 /BW
OR
$52 /WKLY
$0 down 1.49% for 60 mos
FINANCE FOR
$101 /BW
OR
$51 /WKLY
$0 down 1.99% for 84 mos

Buy today for $16,770

2016.5 CX-5 GX FWD 6MT

LEASE FOR $129 /BW
OR
$64 /WKLY
$0 down 0.99% for 60 mos
FINANCE FOR
$142 /BW
OR
$71 /WKLY
$0 down 1.99% for 84 mos

Buy today for $23,765

2016 MAZDA CX-3 GX FWD

LEASE FOR $139 /BW
OR
$70 /WKLY
$0 down 3.49% for 60 mos
FINANCE FOR
$132 /BW
OR
$66 /WKLY
$0 down 1.49% for 84 mos

Buy today for $21,465

2016 MAZDA CX-9 GS FWD

LEASE FOR $211 /BW
OR
$106 /WKLY
$0 down 3.00% for 60 mos
FINANCE FOR
$232 /BW
OR
$116 /WKLY
$0 down 3.50% for 84 mos

Buy today for $36,320

DL#8957

WEST COAST MAZDA

20000 Lougheed Hwy, Pitt Meadows
1-866-334-2119
westcoastmazda.com

All prices & payments plus taxes and levies. Vehicles not exactly as illustrated. All financing on approved credit.

THE 2017 NISSAN SENTRA® SV

THE SV STANDS FOR SUPER VALUE.

THAT'S LIKE PAYING ONLY **$49**

LEASE* FROM $212 MONTHLY WITH $0 DOWN

WEEKLY ON 2017 SENTRA SV CVT FOR 60 MONTHS

THE NEW 2017 NISSAN ROGUE®

THAT'S LIKE PAYING ONLY

LEASE* FROM $255 MONTHLY WITH $1,499 DOWN

$59 WEEKLY ON 2017 ROGUE S FWD

AT **0.99%** APR FOR 60 MONTHS

PATHFINDER®

UP TO **$6,000** STANDARD RATE FINANCE CASH

OR GET FINANCING FROM **0%** FOR **60** MONTHS

THE NEW 24 MONTH TEST DRIVE

PUT TITAN TO THE TEST

GET UP TO **$10,000**

OR LEASE A FROM $384 MTH-LY WITH $1250 DOWN

$89 WEEKLY AT **3.79%** FOR **24** MONTHS ON 2017 TITAN CREW CAB S

CANADA'S BEST TRUCK WARRANTY
5 YEARS/160,000 KM BUMPER TO BUMPER

2.2,200 No Charge All-Wheel Drive upgrade is available on new 2017 Rogue (excluding S FWD and SV special edition FWD). 2017 Rogue S FWD: 0.99% lease APR for 60 months, monthly payment of $255 with $1,499 down payment, and $0 security deposit;20,000 km/year. Total lease obligation is $16,817.2017 Sentra SV CVT: 1.99% lease APR for 60 mos, monthly $212, $0 down, $0 security deposit, 20,000 km/year, total lease obligation is $12,721. 2017 Titan Crew Cab S: @ 3.79% APR for 24 mos, $384/mo, $1250 down, $0 security deposit, 20,000 km/year, total lease obligation is $10,466. 2016 Pathfinder Platinum 4x4: selling price is $48,193 financed at 0% APR for 60 mos, $803 COB is $0, total obligation $48,193. License, registration, insurance and applicable taxes are extra. Vehicles and accessories are for illustration purposes only. Certain conditions apply see dealer for complete details. Payments cannot be made on a weekly basis, for advertising purposes only. All offers available from January 4 – January 31, 2017.

DL#30501

WEST COAST NISSAN

19625 Lougheed Hwy., Pitt Meadows
1-855-299-8183
westcoastnissan.ca

Discover The Value at West Coast Kia!

Ask us about our Owner Package:
• Free Lifetime Oil & Filter Changes • Free Lifetime Carwashes • Free Service Loaners • Free Tire Repairs
• *PLUS Our Exclusive West Coast Kia Advantage Card!*

KIA MADE FOR CONQUERING WINTER — 0% FINANCING — + $1,000 ALL-WHEEL DRIVE BONUS

HEATED SIDE MIRRORS | HEATED FRONT SEATS — STANDARD

WARMING UP YOUR WINTER

The new year is no time for frostbite. Great heated features like these will help you power through winter.

HEATED STEERING WHEEL | DYNAMAX ALL-WHEEL DRIVE — AVAILABLE

ALL-NEW 2017 SPORTAGE LX FWD

LEASE FROM **$64** WEEKLY
2.9% FOR 48 MONTHS*
$1,995 DOWN
INCLUDES $500 CREDIT*

AVAILABLE FEATURES:
HEATED FRONT AND REAR SEATS | PANORAMIC SUNROOF

2017 SORENTO

GET UP TO **$3,250** IN CASH DISCOUNTS*
INCLUDES $1,000 ALL-WHEEL DRIVE BONUS†

STANDARD FEATURES:
BLUETOOTH® CONNECTIVITY | HEATED FRONT SEATS
UP TO 5,000 LBS. OF TOWING CAPACITY AVAILABLE*

2016 OPTIMA LX AT

MOTORING.TV BEST NEW FAMILY CAR

FINANCE FROM **$57** WEEKLY
2.9% FOR 84 MONTHS*
$1,700 DOWN
INCLUDES $4,750 CREDIT*

AVAILABLE FEATURES:
HEATED FRONT & REAR SEATS | NAVIGATION SYSTEM

STEP UP TO DYNAMAX ALL-WHEEL DRIVE FOR ONLY $3 MORE A WEEK*
INCLUDES $1,000 ALL-WHEEL DRIVE BONUS†

NEWLY REDESIGNED 2017 FORTE LX MT

5 Star Safety Ratings

LEASE FROM **$39** WEEKLY
0.9% FOR 60 MONTHS*
$995 DOWN
INCLUDES $750 CREDIT*

AVAILABLE FEATURES:
INTEGRATED NAVIGATION SYSTEM | HEATED FRONT AND REAR SEATS | LANE-KEEPING ASSIST SYSTEM

KIA The Power to Surprise

5 YEAR 100,000 KM WARRANTY
• COMPREHENSIVE • POWERTRAIN • ROADSIDE ASSISTANCE • 100% TRANSFERABLE

KIA OFFICIAL PARTNER | Offer Ends Jan 31st

DL#31300

WEST COAST KIA

19950 Lougheed Hwy, Pitt Meadows
1-866-304-1140
westcoastkia.ca

All prices & payments plus taxes, levies & doc fee of $495. Vehicles not exactly as illustrated. All financing on approved credit.

2017 TOYOTA COROLLA

PRICED FROM **$18,005** LESS REBATE $1000
OR lease from **$38** Weekly

Model BURCEMA — Now with STAR SAFETY SYSTEM

60 month lease, 0.99% APR, DP $825, TP $10377

2016 TOYOTA VENZA AWD

PRICE FROM **$34,150** LESS REBATE $4000
OR lease from **$77** Weekly

Model BA38BTA — Now with STAR SAFETY SYSTEM

60 month lease, 0.99% APR, DP $3450, TP $23438

2016 TOYOTA PRIUS C

PRICED FROM **$23,050** LESS REBATE $1000
OR lease from **$54** Weekly

Model KDTA3PA — Now with STAR SAFETY SYSTEM

60 month lease, 1.49% APR, DP $2250, TP $18257

2017 TOYOTA RAV4

PRICED FROM **$29,330** LESS REBATE $1000
OR lease from **$65** Weekly

Model ZFREVTB — Now with STAR SAFETY SYSTEM

60 month lease, 2.49% APR, DP $1580, TP $18414

DL#7662

WEST COAST TOYOTA

19950 Lougheed Hwy, Pitt Meadows
1-888-287-0910
westcoasttoyota.com

All prices and payments plus taxes, levies, and $399 Documentation fee. Vehicles not exactly as illustrated. All financing on approved credit.

MEIER INSURANCE Mobile Insurance provided by MEIER INSURANCE

MEIER INSURANCE Mobile Insurance provided by MEIER INSURANCE

metro NEWS
Your essential daily news
We're all doomed. World

Culturally focused '150+' festivities taking shape

INDIGENOUS ISSUES

Celebration of colonialism is offensive to many

Cara McKenna
Metro | Vancouver

Before the Women's March in Vancouver last weekend, Rhiannon Bennett spoke to thousands about her discontent toward the Canada 150 festivities.

Bennett, a member of Musqueam Indian Band, shared that, like many Indigenous people, she has a heavy heart knowing the country is celebrating 150 years of colonial occupation of native lands.

"What do we do going forward? We need to put our Indigenous people at the front and centre of our issues," Bennett said.

"It's important that we frame things in a way that works toward reconciliation and moving forward in a good way."

As events around Canada's 150th anniversary take shape in Vancouver, the people planning the celebrations say they've heard that message clearly.

Though the city is taking part in the national festivities, it has refocused its events around local Indigenous culture, and retitled them "Canada 150+" — adding the plus sign to acknowledge time before contact.

Rhiannon Bennett speaks at the Vancouver Women's March on Saturday, Jan. 21. "We need to put our Indigenous people at the front and centre of our issues," Bennett said. CARA MCKENNA/METRO

> I think we're starting to look into the layers of Indigenous cultures and how they're still alive today.
> Squamish Nation Hereditary Chief Ian Campbell

Marnie Rice, a cultural planner with the city, said the city began talks around the celebrations with Indigenous leaders and residents in 2015 in an attempt to plan an event that everyone would enjoy.

"A lot of indigenous people were saying 'I'm not interested in celebrating 150 years of colonization,'" Rice said.

"We feel really proud that we're listening to our citizens and taking into account what we've heard ... People really wanted to try to decolonize Canada 150."

The three "signature" events being hosted by the city this summer are a canoe festival, an arts and culture festival and a walk for reconciliation, though various community-hosted events around Indigenous art and culture have already begun.

Rice said the city previously received permission from the leadership of Vancouver's three First Nations: Musqueam, Squamish and Tsleil-Waututh, while two of three have signed statements of cooperation. The third is imminent.

Squamish Nation Hereditary Chief Ian Campbell said his community's leadership signed on to participate in the refocused events to build relationships.

He said he's most looking forward to the canoe festival, which will see the city host Tribal Canoe Journeys paddlers coming from Campbell River. The annual canoe event has typically stayed within Indigenous communities.

"That's something most Vancouverites ... have not really participated in," Campbell said.

"I think we're starting to look into the layers of Indigenous cultures and how they're still alive today and actually thriving."

Rice said she hopes the celebrations will bring people together.

"It really is meant to be an entry point for people to learn from each other and to come together to celebrate their cultures," she said.

"Everybody is invited to these events."

HOUSING

Alarm bell tolls again

Jen St. Denis
Metro | Vancouver

Along with Toronto, Vancouver's housing market continues to be dangerously overheated, the Canada Mortgage and Housing Corporation warned in its January housing market assessment.

In October, the corporation issued a first ever "red" warning on problematic conditions in Canada's housing market. Those conditions persist, with overvaluation and price acceleration still present in the national housing market.

Price acceleration and overvaluation show that the market is being driven by speculation rather than normal demand from residents, new immigrants and income growth, said CHMC economist Bob Dugan. He's warning that homebuyers should use caution.

Following the B.C. government's introduction of a 15 per cent tax on foreign buyers in July — a tax that only applied to transactions in Metro Vancouver — prices of detached homes have fallen. That's led CMHC to downgrade its assessment of overheating from moderate to weak; however, the agency also noted that detached home prices rebounded slightly in January.

But CMHC continues to list Vancouver as having a high risk of overvaluation, because single-family homes continue to be priced far above "financial, economic and demographic fundamentals."

EVERYTHING
Under the Sun
EVENT!
SAVE
UP TO 40%†
transat

SUN PACKAGES

flights, transfers & all inclusive resort

Los Cabos
$999
Royal Decameron Los Cabos 4★
7 nts | Mar 4
+ $395 txs/fees

Cayo Santa Maria
$999
Hotel Cayo Santa Maria 4★
7 nts | Feb 27, Mar 6
+ $332 txs/fees

Puerto Vallarta
$1149
Canto del Sol Plaza Vallarta 4★
7 nts | Feb 25, Mar 4
+ $395 txs/fees

Varadero
$1179
Meliá Marina Varadero Hotel 4 1/2★
7 nts | Feb 27, Mar 6
+ $332 txs/fees

Huatulco
$1259
Las Brisas Huatulco 4★
7 nts | Feb 23, Mar 2
+ $389 txs/fees

Riviera Maya
$1389
Occidental at Xcaret Destination 4 1/2★
Deluxe Room Preference Club
7 nts | Mar 5, 7, Apr 2, 16
+ $386 txs/fees

Punta Cana
$1469
Meliá Caribe Tropical 4 1/2★
Deluxe Jr Ste Emerald Club
7 nts | Feb 24, Mar 3, 10
+ $441 txs/fees

Riviera Maya
$1549
Azul Beach Resort The Fives Playa del Carmen, by Karisma 5★
7 nts | Feb 26
+ $386 txs/fees

CRUISE PACKAGE

flights*, transfers & all inclusive cruise[1]

Cuban Adventure
$1799
Celestyal Crystal
Interior Stateroom Cat. IB
7 nts from Havana
Feb 27, Mar 6
+ $600 txs/fees

Visit transat.com or contact your travel agent for more great deals.

transat Travel
www.transattravel.com
Vacation savings start with AIR MILES® Cash!

†Savings of up to 40% is applicable to Meliá Marina Varadero Hotel, for departure dates listed above. Savings reflected in advertised price. *Cruise package flights are in/out of Varadero with roundtrip transfers to and from Havana. [1]All inclusive cruise includes standard prepaid shipboard gratuities, unlimited beverages & one shore excursion per port. Additional conditions & restrictions apply. **Everything Under the Sun Event** is valid on new bookings from January 6-31, 2017, for travel until April 30, 2017. Flights are from Vancouver via Air Transat in economy class. Prices shown are per person, based on double occupancy in lead room category, unless otherwise stated. Space and prices are subject to availability at time of booking and subject to change without prior notice. Limited seats available at prices indicated: 20 per departure. Prices advertised are valid from January 27 to 30, 2017 only. Taxes and fees are extra and noted above. Travel Agency fees may apply. Limited cruise package staterooms available at price indicated: 10 per departure. Ship's registry: Celestyal Cruises® – Malta. For full descriptions and terms and conditions, refer to transat.com. Transat is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in British Columbia (Reg #2454) with offices at 1090 West Pender Street, Suite 1110, Vancouver, BC, V6E 2N7. Transat Travel Base Mile offer is 1/$35 on vacation packages, cruise fares and charter flights. Other terms & conditions may apply. Transat Travel is a division of Transat Distribution Canada Inc. ON Reg. #50015064. BC Reg. #23567. Head Office: 191 The West Mall, Suite 700, Etobicoke, ON, M9C 5K8. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Transat Distribution Canada Inc.

A very good year for public transit

GROWTH

Record-setting 384.83 million rode in 2016, says TransLink

Matt Kieltyka
Metro | Vancouver

There were more on board than ever before in 2016, according to the latest numbers from TransLink.

The transit authority reported a record year Thursday, saying the 384.83 million boarding throughout the Metro Vancouver public transit system was the most ever and a 4.5 per cent increase over 2015's numbers.

In a statement, TransLink credits the boost, at least partly, to the region's growing economy.

The region is "experiencing its lowest unemployment rates since the 2007-2008 economic downturn," it said.

Not mentioned in the statement were TransLink's transition to the Compass electronic fare cards and the opening of the Evergreen Line SkyTrain extension in the Tri-Cities in early December.

The addition of the Evergreen Line and other transit improvements could mean 2017 will be another record-setting year when it comes to transit ridership numbers.

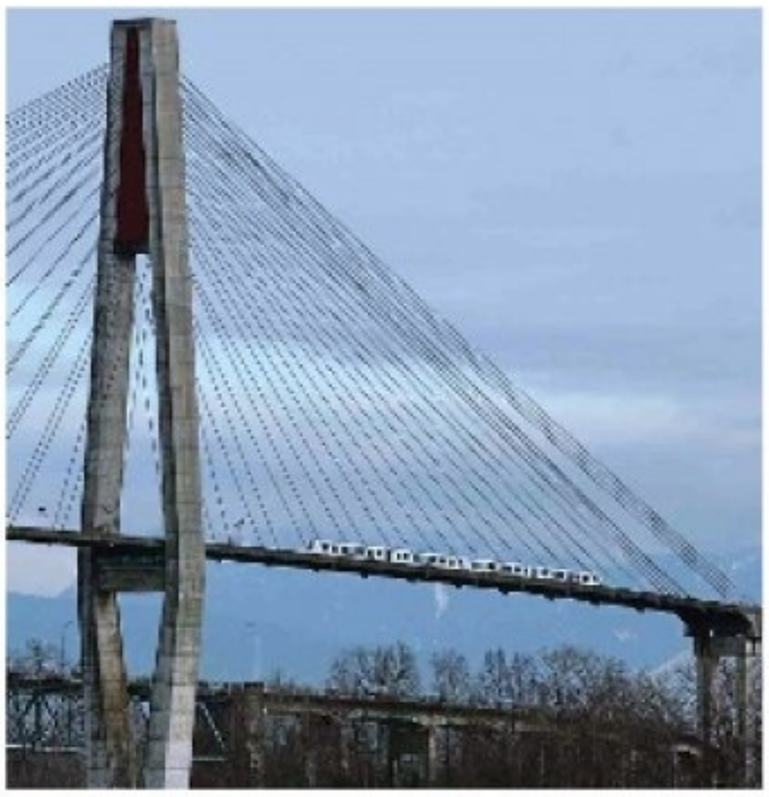
TransLink this month began the implementation of Phase One of the mayors' 10-year transit plan.

That $2-billion plan includes a 10 per cent increase in bus services (more service on busy routes, five new B-line services and routes to new areas), 20 per cent more SkyTrain service, new SkyTrain trains, a new SeaBus, more West Coast Express trains and a 15 per cent increase in HandyDART service.

The plan also includes road, cycling and pedestrian infrastructure improvements, and pre-construction work on two light rapid transit lines in Surrey, the proposed Broadway subway in Vancouver and a replacement for the Pattullo Bridge — though the actual construction of those big-ticket items is in the second phase of the mayors' plan, which has not secured funding.

"The 2016 numbers show us there is a strong demand for public transportation options," said TransLink CEO Kevin Desmond in a written statement.

"They also underscore the need for the kind of boost in transit service we are beginning to see this year as we roll out Phase One of the Mayors' 10-year Vision for improving transportation in the Lower Mainland."



A SkyTrain crosses the SkyBridge from Surrey into New Westminster. JENNIFER GAUTHIER/METRO

> **The 2016 numbers underscore the need for the kind of boost in transit service we are beginning to see.** TransLink CEO Kevin Desmond

Want to start a business?
Have no idea where to start?

Learn more about the

WorkBC
Self-Employment Program

In order to access this FREE program, you must be:
- Receiving Employment Insurance (EI) currently; or
- Received EI within the last 5 years; or
- Received Maternity and/or Parental benefits in the last 5 years; or
- A Person with a Disability

Info Session: Wednesday, Feb 1, 11 am
VPL (Central Branch) | Level 3 Meeting room
350 W Georgia St, Vancouver

PELICAN COVE

OCEANSIDE LIVING FROM **$589,900. NO GST**

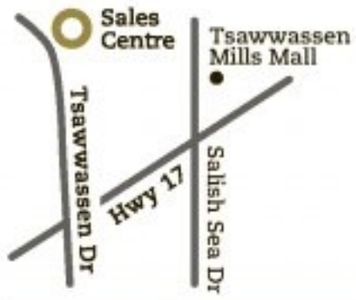
TSAWWASSEN SHORES

NOW SELLING

A Collection Of 42 Townhomes & 20 Duplexes

- Homes from 1,270 – 1,700 sq. ft.
- The 5th phase of the beautiful Tsawwassen Shores master-planned community
- **Buyer does not pay GST & 15% foreign buyer PTT is exempt**
- Conveniently located by Hwy 17 and across from the Tsawwassen Mills and Tsawwassen Commons Shopping Centres
- Steps to nature trails, the ocean front and 2km boardwalk

PELICAN COVE
TOWNHOMES & DUPLEXES
AT TSAWWASSEN SHORES



Sales Centre
1875 Tsawwassen Drive
(last right before the ferry terminal)
Open 12-5 daily, except Friday

Register Today
tsawwassenshores.com
604 943 6677

Artistic rendering. The developer reserves the right to make changes and modifications to the information contained herein without prior notice. This is not an offering for sale. Such an offering can only be made by a disclosure statement. E.&O.E.

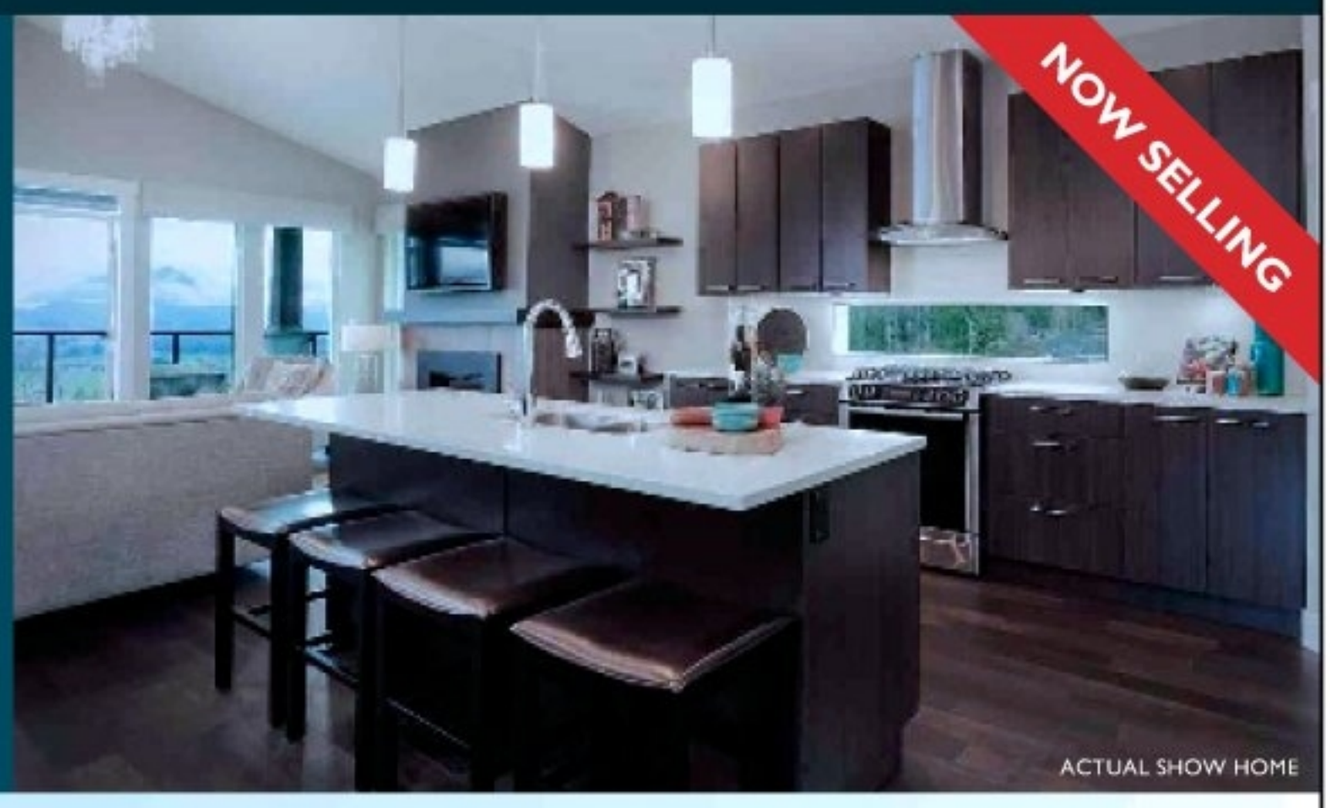
AQUILINI DEVELOPMENT

RENNIE MARKETING SYSTEMS

2 - 5 BEDROOM SINGLE FAMILY HOMES FROM $529,900

Camden
AT THE FALLS

- Homes ranging from 1,343 - 3,266 sq.ft., starting at $529,900
- Thoughtfully designed 341-acre master-planned golf community at The Falls Golf Club in Chilliwack
- Located at The Falls Golf Club with panoramic views of the valley
- 35 minute drive from Langley
- Ample access to pristine hiking trails, camping grounds, fishing rivers, and outdoor recreation centres



Presentation Centre
8361 Nixon Road, Chilliwack
Open daily 12am-5pm (except Wednesdays)
604.794.5744

Register today at
livethefalls.com

AQUILINI DEVELOPMENT

RENNIE MARKETING SYSTEMS

* The developer reserves the right to make changes and modifications to the information contained herein without prior notice. E&EO.

Trump born of booze, sex, gold

HISTORY

Actions not surprising in light of family's past: Author

Wanyee Li
Metro | Vancouver

U.S. President Donald Trump's family's success started with a hotel that sold liquor and women to hardscrabble prospectors in northern B.C. and the Yukon during the Gold Rush of the late 1800s, according to one New York author.

The business model established a family trait of tactical shrewdness that has served his grandson so well in recent years, said Gwenda Blair, who detailed Trump's family history in The Trumps: Three Generations That Built An Empire.

Frederick Trump arrived in New York in 1885 as an unassuming 16-year-old German immigrant who came from a family of barbers, she explained. When others rushed to the frontier in 1887 hoping to strike gold during the Klondike Gold Rush, Donald's grandfather followed along — with a savvy idea that had all the characteristics of a Trump business plan.

Then Republican presidential candidate Donald Trump speaks during a campaign rally at the American Airlines Center on September 14, 2015 in Dallas, Texas. TOM PENNINGTON/GETTY IMAGES

He set up restaurants along the Gold Rush path, including one in Bennett, B.C., and offered miners exactly what they were looking for — "food, liquor and access to women," she said.

> **Donald continued this way of doing business.**
> Gwenda Blair

"He would have been nuts to do anything else," said Blair, who also teaches at Columbia's Graduate School of Journalism.

"Showing what has been his trademark Trump characteristic, (he) figured out where the main opportunity was at that time."

But she wouldn't go so far as to call Trump's business, called the New Arctic Restaurant and Hotel, a brothel.

"We can say that there were private rooms with ladies. That was advertised.

"It was very clear that female companionship was available. But his exact business relationship with that is a little hard to pin down."

But what is clear is that Frederick's businesses flourished during the gold rush. Blair summed up his strategy in one of her book's chapters, "Mining the Miners."

Frederick left the Northwest three years later, with a sizable nest egg that would be worth about half a million in today's dollars, said Blair.

That was the beginning of the Trump empire and of a family culture that championed shrewdness and a focus on the self, she said.

"That grasp of the best approach, and certainly the most likely to end up with a profit, was passed on to Donald Trump's father and Trump himself."

Back in New York, Frederick set up a small real-estate business before passing away. Donald Trump's father expanded that family business into an empire, and Donald continued that legacy.

The now-president has a "very sharp eye for the loophole," said Blair.

"Donald continued this way of doing business in his business career, both in real-estate development (and) in casinos. He carried forward this very, very sharp eye for what was in it for him and totally focusing on that."

It should not surprise anyone that he is following through on his campaign promises now, she said. It's the same bold attitude that allowed his grandfather to find success in Canada's Gold Rush towns.

"He said he's going to do it and now he's doing it," said Blair. "It's not necessarily surprising. We can't be surprised."

Northeast False Creek Area Plan

Over the fall, we heard from thousands of people about the future of Northeast False Creek.

Come learn about the emerging area plan for Northeast False Creek and let us know if we're on the right track.

Pop-up Planning Storefront

January 31 to February 7, 2017
Open 10 am – 5 pm (closed Sunday)
International Village Mall
88 West Pender Street

Main Open Houses:
Thursday, February 2, 2017, 5 – 8 pm
Saturday, February 4, 2017, 11 am – 4 pm

FOR MORE INFORMATION
vancouver.ca/nefc

CITY OF VANCOUVER

Visit: vancouver.ca Phone: 3-1-1 TTY: 7-1-1

Waffle gone wild
Grand Opening
more parking at rear
January 28 @ 10:00 am
Lion Dance @ 1:30 pm
新年快樂 心想事成
$1* BBT / Hot Tea
50% off 2nd waffle item
3726 Canada Way, Burnaby
(778) 379-6949

NASH CUSTOM HOMES
CEDAR COTTAGE COURT
DUPLEXES | DETACHED
Register now at:
cedarcottagecourt.ca

Beautiful new 3 bdrm detached/duplex community nestled in a desirable area of Vancouver.
Register now at cedarcottagecourt.ca
ROVEEN KANDOLA & ASSOCIATES • 604-644-7653
PROUDLY BUILT BY | Pacific | NASH | RE/MAX REAL ESTATE SERVICES

DARE TO DREAM WITH FRIDAY'S JACKPOT

$55 MILLION EST.

+

4 X $1 MILLION MAXMILLIONS™ EST.

Lotto MAX

Buy tickets until 7:30pm PT on draw day.

BUY YOUR TICKET AT

PLAY NOW .COM

lotto!

bclc

Know your limit, play within it. GameSense

19+

Rent increases outpace subsidy

HOUSING

Program for seniors frozen as homeowners get tax credit

Jen St. Denis
Metro | Vancouver

As the provincial government ramps up tax credits and other supports to help homeowners, a New Westminster senior is asking why a rent subsidy program for seniors has been frozen at a rate far below average rent rates for Metro Vancouver.

"They own homes that are worth $1.2 to $1.6 million, but they're not going to miss out on $570 a year if they didn't increase the homeowners grant," said Bob Jacobs, a retired lawyer and former Surrey city councillor.

"Then here's all these people here spending 50 per cent of their gross income for rent, and they have to squeeze our their food costs, their transportation costs, and their medication costs."

In response to soaring property values, the province announced an increase in the property value cut-off, from $1.2 million to $1.6 million, required to be eligible for the homeowner grant.

The grant allows homeowners to get a tax credit of $570, or $845 for homeowners 65 and older.

Elderly homeowners on a fixed income can also take advantage of a property tax deferral program, and Jacobs believes the $12 million the government will spend to pay for the homeowner grant increase should instead have been used to increase a rent subsidy program (SAFER) available to low-income seniors.

> **If you compound it over the years it adds up — but SAFER doesn't go up.**
> Bob Jacobs

He's frustrated the government has not acted to implement a recommendation B.C.'s Seniors Advocate made in 2015, to tie subsidy to the average rent amount for a region, as calculated by Canada Mortgage and Housing Corporation.

In 2007, the rent cap that BC Housing uses to calculate the subsidy amount was $700, just 2.1 per cent above CMHC's $715 average rent for a one-bedroom apartment Metro Vancouver.

In 2014, the province increased the cap for Metro Vancouver to $765, the only time it's been increased in the past 10 years.

It's now 51.5 per cent below the average rent for Metro Vancouver, which was $1,159 in 2016.

A 2015 calculation by the Seniors Advocate showed that the gap results in a $222 shortfall every month for seniors who make $18,180, the average income for most of the SAFER recipients.

Between 2015 and 2016, rents increased 6.4 per cent, the highest rate ever recorded by CMHC.

"With the very tight residential tenancy market that we have here in Metro Vancouver, over the past number of years virtually every building owner gives the maximum rent increase," said Jacobs, who receives a SAFER subsidy. "So if you compound it over the years it adds up — but SAFER doesn't go up."

Bob Jacobs, a senior who live in New Westminster, questions why the government is increasing support to homeowners while subsidies to low income renters lag. JENNIFER GAUTHIER/METRO

iMARKETING

GREAT CONTACT CENTRE OPPORTUNITIES!

NOW HIRING
CONTACT CENTRE FUNDRAISING STAFF

- $150 signing bonus upon completion of 2 week training program
- Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses
- Flexi schedule for top performers
- Paid every Friday
- Close to Brentwood Town Centre SkyTrain Station in Burnaby
- Advancement opportunities
- 20 Full-Time & 10 Part-Time Positions Available

Fluent English is a must!

Contact Jeanette Wawrzyniak at 1.800.943.6866 ext. 6
Email: Jeanette.wawrzyniak@imkgp.com

Calls for change after toddler dies

SAFETY

Parents seek reform in B.C. daycare system after accident

Wanyee Li
Metro | Vancouver

Friends and family described "Baby Mac" as "a brilliant star that appeared in our lives for only a short time, but will forever change us all." SHELLEY SHEPPARD AND CHRIS SAINI/CONTRIBUTED

The parents of a 16-month-old Vancouver toddler who died in what has been described as a tragic accident while in daycare have released a statement about their son's death, calling for "massive reform" in B.C.'s daycare system.

Macallan Wayne Saini died Jan. 18 in an East Vancouver home. Vancouver police have said his death does not appear to be suspicious.

In their statement, Shelley Sheppard and Chris Saini described their son's death as "entirely preventable" and called for more safe and affordable daycare options in B.C.

"We don't want our sweet boy's death to have been in vain. The daycare system in British Columbia needs massive reform. Like most parents in B.C., we found the choices impossibly limited when it came to daycare spaces," they said.

"In Mac's memory we will fight for accountable, safe and affordable daycare."

Celebrate the Year of the Rooster with Shen Yun!

Final Call for Shen Yun 2017

Don't miss the experience of a lifetime!

5 REASONS YOU NEED TO SEE SHEN YUN THIS SEASON

1. Because millions have seen it and loved its uplifting energy.
2. Because classical Chinese dance has 5,000 years of history and opens your eyes to wonders.
3. Because of its unique live orchestra that blends East and West.
4. Because it features groundbreaking animated backdrops that immerse you in the action.
5. Because each year Shen Yun performs an entirely new program, and if you miss it, you won't be able to see it again.

SHEN YUN

Experience a Divine Culture

ALL-NEW SHOW WITH LIVE ORCHESTRA
MADE IN U.S.A.

Opening night tickets sold out!
Only 2 shows left. Get your tickets now!

QUEEN ELIZABETH THEATRE • JAN 29–31
Tickets: ShenYun.com/Van | 888-974-3698

Jan. 29 Sunday 7:00 pm
Jan. 30 Monday 2:00 pm
Jan. 31 Tuesday 7:30 pm

EXCELLENT SELECTION OF PREOWNED VEHICLES

WE WILL GET YOU FINANCED!

1994 SUZUKI SIDEKICK

CD player, automatic transmission, 4x4 with 2wd and neutral, rear window lift gate, foldable rear bench seat, removable rear roof, full size spare tire, steel wheels

VK11946 $8,995 NOW ONLY $6,995

INCREDIBLE AWD!

2013 BMW 335XI

Heated steering wheel, power sunroof, backup camera, navigation system, all wheel drive, premium sport alloy wheels, sport displays, 4 drive modes and so much more

AB10705 $228 B/W @ 4.62% OVER 84 MONTHS NOW ONLY $29,888

AWD

2010 FORD EDGE SPORT

22" wheels, all wheel drive, tinted windows, power seats, memory seats, large power sunroof, black leather interior with white sport stitch and more!

AB10756 $176 B/W @ 4.97% OVER 66 MONTHS NOW ONLY $17,988

AWD

2016 JAGUAR XJ R-SPORT

Navigation, heated/cooled massage memory seats, power sunroof, AWD, full LED headlights, door auto-latch, Bluetooth, rear exterior parking camera, blind spot sensors

AB10746 IMMACULATE!

2010 MERCEDES GL350

Navigation, heated front/rear seats, downhill stability, rough terrain mode,running boards, tinted windows,beige leather interior, Bluetec, Bluetooth and more!

BB5087B $303 B/W @ 3.99% OVER 66 MONTHS NOW ONLY $32,995

LUXURY

2016 ACURA ILX A-SPEC

Leather interior, automatic transmission, power sunroof, navigation, sport alloy wheels, heated front seats, memory seats, cellular connectivity, dual zone climate control

RS818022A $251 B/W @ 4.62% OVER 84 MONTHS NOW ONLY $32,995

2012 BMW 750I XDRIVE

4.4L V8 engine, all wheel drive, black leather interior, large power sunroof, navigation, power heated memory seats, front and rear A/C, heated power door mirrors and more

AB10757 $287 B/W @ 4.62% OVER 84 MONTHS NOW ONLY $37,988

2014 LANDROVER LR2

Leather interior, power sunrrof, Bluetooth, luxury interior trim, 4x4, alloy wheels, power heated seats, automatic headlights, auxiliary audio input, fog lights

AB10715 $243 B/W @ 4.62% OVER 84 MONTHS NOW ONLY $31,888

4x4

2010 FORD F150 XLT

Running boards, automatic transmission, power driver seat, crew cab, 4x4, 5.4L V8, power adjustable pedals, Bluetooth, power mirrors, remote keyless entry, rear slider window

V162544 $184 B/W @ 4.97% OVER 66 MONTHS NOW ONLY $18,888

2014 NISSAN ROGUE S

17" steel wheels, LED running lights, power mirrors with LED turn signal indicators, A/C with rear climate vents, 5" color infotainment display, rearview camera, Bluetooth

AB10743 $185 B/W @ 4.62% OVER 84 MONTHS NOW ONLY $23,988

2013 DART SXT/RALLYE

Alloy Wheels, Fog Lights, Keyless Entry, Power Mirrors, Power Windows, Power Locks, Cruise Control, Bluetooth, Auxiliary 12v Outlet, Tinted Windows

S16668A $87 B/W @ 5.67% OVER 84 MONTHS NOW ONLY $9,988

4x4

2014 RAM 1500 ST

Regular cab, 5.7L V8, hitch hookup, box cover, Block heater,Air conditioning,Memory Card Slot, metal look dash trim, Transmission Hill Holder, 4,105 kg Tow Capacity

KW148157A $192 B/W @ 4.62% OVER 84 MONTHS NOW ONLY $24,888

AUTO DIRECT PARTS & SERVICE Formerly Richmond Suzuki

ANY SERVICE 20% OFF!

If your vehicle is over 100,000kms or 5 years and older, receive 20%off any service with this coupon.

* Present this coupon at time of purchase. Limit one per customer. Cannot be used with another coupon or promotion. EXP 01/31/2017.

AUTO DIRECT

3771 NO.3 ROAD, RICHMOND, BC
(OPPOSITE YAOHAN CENTRE)

CALL US TODAY
1.855.582.3691
FOR YOUR QUICK APPROVAL!

WWW.WCAUTODIRECT.COM

All prices are subject to documentation and tax. Payments include tax and $895 documentation fees . Terms based on the above listed rates and over varied listed months. All ICBC reports and Car Proofs available on request. The Visa Gift Card graphic is a trademark owned by Visa International Service Association and used under license. DL#31151

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Diapers costly for planet and the wallet

THE BIG SQUEEZE

Fair warning: This article really stinks

Graeme McRanor
For Metro

Welcome to the apoocalypse.

Yes, beautiful month-old daughter Dylan loves to blast dookies. And, while her high-frequency evacuation is reportedly perfectly normal, what seems unusual is how much we're having to shell out for diapers.

Partner Suzy's godmother generously provided a six-month subscription to a diaper service. But cloth turned out to be a pain in the butt; so we cancelled in favour of disposables.

Sh*t move? Damn straight.

Now we're using a brand that claims its diapers are super-absorbent, eco-friendly and made with "naturally derived, plant-based, sustainable materials."

Also touted: no harsh chemicals such as chlorine, latex, dioxins, PVC, heavy metals, silicones and phthalates — with a reduced amount of sodium polyacrylate (SAP), the absorbent gel used in other brands that makes a single diaper capable of carrying a beer keg's-worth of pee.

All great, but soiled nappies still end up in the trash. Costly for the planet and, at $17 plus tax for a pack of 34 (size newborn), for the wallet, too. If you consider that an average baby can go through 8,000 of them from birth until potty training, well, I'm going to require a third job.

Regardless, most of the clean-up is being handled by Suzy, who has embraced her new role as mom and, between abundant feedings, tirelessly changes all of those diapers. And does so with a blissful smile.

My daughter appreciates it. So do I.

That's not to say I won't get my hands dirty. Sure, it's been six years since I've changed a diaper, but really it's like riding a bike — except now it's got girl parts.

Graeme's daughter, Dylan, a.k.a. Daddy's Pint-Sized Poop Machine. COURTESY GRAEME MCRANOR

The Big Gig Event.

Our lowest price LTE offer with 6GB of data, plus a $0 phone.

Try the new LTE network people are talking about – new, improved and traffic-free! Plus, more affordable than ever if you act now.

~~$45~~ $35 PER MONTH FOR 10 MONTHS.

6GB data*

- Unlimited Canada/U.S. talk
- Unlimited global text

OFFER ENDS SOON!

$0 ZTE Grand X 4

Freedom mobile

freedommobile.ca

Learn more at freedommobile.ca. The Smartphone 45 LTE plan is available for a limited time and is subject to change or cancellation without notice. *Bonus 3GB of data per month will only be applied to the plan until January 31, 2018. The $100 service credit offer and $99 MyTab Bonus offer on the ZTE Grand X 4 are available until January 31, 2017 and are subject to change or cancellation without notice. To be eligible for the $100 service credit, you must activate a new Pay Before or Pay After line on an "Eligible Plan" (Smartphone 45 LTE, Everywhere 45, or Everywhere 55 plan). A $10 monthly credit will be applied to your account for up to 10 months to a maximum of $100. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). To be eligible for the $99 MyTab Bonus offer, you must activate a new service or upgrade your phone to a ZTE Grand X 4 on MyTab and sign up an Eligible Plan. MyTab terms and conditions apply. In addition, a downgrade fee of up to $99 will be charged if you switch to any plan other than an Eligible Plan within 24 months of activation or upgrade. The amount of the downgrade fee will be prorated based on the number of months left in the 24 month term. These offers may not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. ZTE and ZTE Grand X 4 are registered trademarks or trademarks of ZTE Corporation. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.

POKÉ RAISES THE BAR

FOOD NOTES

Abby Wiseman
For Metro

It's official. Poké is big in Vancouver.

Ryan Mah saw the poké trend head up north from Hawaii to California and decided that if poké is going to be the next big thing, then he is going to bring a chef's touch to the raw fish salad.

He opened Pacific Poké at 625 Main St., offering bowls of really fresh tasting fish with non-traditional pairings, like kale salad.

Mah's theory on why poké is blowing up right now is because it's actually quite inexpensive to open a poké shop. Nothing is cooked, so there's no need for expensive fan systems, stovetops or grease traps. In a city as expensive as Vancouver, keeping capital costs low is every restaurateurs dream. My theory is that we're already obsessed with sashimi, so we might as well put it in a bowl.

I tried two dishes at Pacific Poké, the Cali and the Keefer. I went quite Plain Jane on the bowl and opted for the basic sushi rice option, but next time I'll be sure to mix it up and try the kale or quinoa salad base.

Usually I have a stand out, but I liked both dishes equally for different reasons.

The Keefer was served with ahi and albacore tuna negitoro, avocado, nori, fresh wasabi peas, mixed herbs, classic sesame shoyu dressing and lime juice. It's comfort poké; made for a rainy Vancouver day.

The Cali, with spicy salmon, crab and shrimp, pickled red onion, avocado nori, green onion, sprouts and drizzled with spicy mayo, was the opposite of the Keefer. This is the bowl for sunny days, or for days when you want to pretend it's not miserable out.

Also featured at Pacific Poké is their house made strawberry lemonade and Coco Panda beverage made with young coconut and pandan leaf.

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Winter sailing has unexpected thrills

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

A full-speed sail to Bowen Island ending in lunch at a cozy pub, a cruise up Indian Arm surrounded by deep green fjords, or a brisk, wave-tossed race in Howe Sound; winter sailing has never been more popular in the waters around Vancouver.

A wide variety of classes, workshops and racing opportunities mean that sailing in the off- season holds some unexpected delights.

According to Paul Doran of Simply Sailing "winter is a great time to brush up on your skills." Strong winds, discounted lessons, and fewer boats on the water are all good reasons to take to the high seas.

"Cold, clear days usually bring blue skies and a clear view of the snow-capped North Shore mountains," said Doran.

He stressed that the right gear and careful attention to weather forecasts are especially important in winter.

Simply Sailing offers several winter classes, including clinics that teach docking, sail trim, and rescue skills. They also have day sailing courses, and five-day basic and intermediate live-aboard courses.

"For people who don't want to brave the cold, winter is a great time to take a coastal navigation or VHF radio course and prepare for the upcoming season."

"We're very lucky to live here; some of best sailing in the world is only a few hours away," said Doran.

Favourite local destinations include Snug Cove on Bowen, Silva Bay, and Montague Harbour.

"Sailing really is a way to slow life down. It allows you to get away from the noise and escape to a different world," he said.

Katy Campbell, owner and head instructor of Sea to Sky Sailing pointed out that winter is "awesome for stronger winds," so you "gain a very different skill set."

Winter is a good time to "start learning and polishing sailing skills, and racing is the easiest way to get started," she said.

Learning to sail in winter also teaches you how to handle a boat in more difficult, windier conditions, preparing sailors for a multitude of challenges.

"You're just out in raw nature, " she said.

During winter, Sea to Sky offers a Quicker Crew course, a hands-on, two-day intro to racing, with participants joining a club race on the second day.

Sea to Sky crew members race in the West Vancouver Yacht Club's Snowflake series every other weekend for the winter season.

The Vancouver Rowing Club's Polar Bear series also offers hearty sailors the chance to test their mettle against the elements.

Recalling the first Snowflake race of 2017, Campbell described the almost-deserted ocean, with only a few boats on the water.

"You could see all the way up Howe Sound. It was stunningly beautiful."

After the race, they pulled up a crab trap, set by one of the crew members and filled with Dungeness crabs; everyone got to take one home and cook it up for dinner. Such are the pleasures of a good West Coast winter sail.

> **We're very lucky to live here; some of best sailing in the world is only a few hours away.**
> Paul Doran of Simply Sailing

Crew sailing in Howe Sound this winter. COURTESY MARK TRANKNER

Tax haven lessons from U.K.

PANAMA PAPERS

In 2016, it became leader in exposing tax cheats

Cutline cutline cutline TK. PHOTO CREDIT IN SMALL CAPS TK

The glittering towers and spartan offices of this international financial capital hold billions of illicit offshore dollars, money belonging to countless anonymous company owners who came here to evade taxes and finance fraud, money laundering and terrorism.

That established model of corporate concealment, adopted by Canada, has met its end in Britain.

Last June, Britain became the world leader in exposing tax cheats by requiring corporate registrations to include the names of the real company owners — or "persons with significant control" — and listing the records in a database that anyone can view free online.

The British model, although still new, has been hailed as groundbreaking for disarming the most essential weapon for tax evaders: secrecy. Britain's top financial crime cop considers corporate ownership secrecy "a threat to the economic security of the U.K."

The Canadian government has displayed no such sense of urgency. In Canada's federal and provincial corporate registries, it is difficult — often impossible — to identify the real owners of companies if they choose to hide behind lawyers, accountants or paper-only directors.

It's the same kind of corporate secrecy that lures money launderers, tax evaders, drug traffickers and embezzlers to offshore tax havens such as Panama, the Seychelles and British Virgin Islands.

Canada's growing reputation as a tax haven has consequences, say experts, including attracting money from criminals and injecting unrestrained foreign investment into real-estate markets that drives up housing costs beyond the reach of many Canadians.

Here's how it works: Let's say you're a foreign business person looking to evade taxes and hide any connection to money flowing into your company.

You may well want to run that cash through an anonymous shell company registered in a place that doesn't require you to list your name on any public document, file taxes or keep any financial records.

Ontario is perfect.

Ontario limited partnerships have become a go-to corporate structure for hiding international wealth legally thanks to secretive business registration and regulations that are being used in ways the province never intended.

Countries around the world are wrestling to close the regulatory black holes that facilitate tax evasion in the aftermath of the Panama Papers revelations, based on the leak of 11.5 million documents obtained by the International Consortium of Investigative Journalists and shared in Canada with the Star and the CBC.

Britain, once heavily criticized for failing to control its overseas territories such as the British Virgin Islands, chose the right target for rooting out tax cheats, says Robert Palmer, who runs the anti-money laundering arm of the U.K. research group Global Witness.

Former British business secretary Vince Cable, an architect of the British public registry, said his government acted because the country was "in danger of attracting bad people with bad money."

"Russian oligarchs for an example, they did acquire quite substantial companies here," said Cable, who took on powerful corporate interests in the City of London to create the registry.

"Britain has taken the lead and now it is reasonable to expect for other countries like Canada to look at the experience and see if it has improved things."

TORSTAR NEWS SERVICE

What does your Canada look like?

What is your favourite place in Canada? Is it the street you grew up on, the place where you shared your first kiss, or that secret spot you visit to get away from the hustle and bustle of life? We want to know.

To mark the country's 150th birthday, Metro is launching 150 Postcards, where you get to share your favourite piece of Canada with your friends, neighbours and fellow Canadians. Starting Feb. 1, we will feature one reader's submission each day in Metro editions across the county, on Metronews.ca and our 150postcards Instagram page. On the Friday before the Canada Day long weekend, the most popular postcards we receive will be printed in Metro. METRO

GET INVOLVED

Send us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150canada**.

IN BRIEF

Medical regulator in Ontario wins appeal

Ontario's medical regulator has won an appeal of a penalty imposed by its own discipline committee after decrying the independent panel's "demonstrably unfit" punishment of a Toronto doctor who sexually abused female patients. The College of Physicians and Surgeons of Ontario acknowledged it rarely challenges its discipline committee's decisions. THE CANADIAN PRESS

President Trump: The words still shock

Even now, the concept of the Donald-in-chief retains its dystopian tinge.

ROSEMARY WESTWOOD
From the U.S.

Each day, now, waking up and turning on the radio, two words float out: "President Trump." They're tossed in among the weather by a voice that sounds not at all surprised to utter the phrase.

But I remain shocked. Not electric shocked: I've been awake these past months, after all. Normalization — the fear of the left — and the human urge to accept what you see has downgraded the feeling to a static jolt. A mere flick to the brain.

"Oh, right," I think. "President Trump." Then the newscast goes on, and a smorgasbord of campaign promises and knee-jerk presidential directives come tumbling out of the presenters' measured voices.

One day, Trump is picking a fight with the media over his lies about crowd sizes at his inauguration while simultaneously disrespecting murdered CIA agents, the next he's cutting international and national funding for women's health in a nod to anti-abortion extremists. Quietly, his administration has wiped climate change from the White House website and muzzled Environmental Protection Agency and National Parks staff. He's ordered the wall to be built, and a ban on Syrian refugees, among others, is in the works. He's considering withholding funding from "sanctuary cities" which help illegal immigrants; he's launching an investigation to baseless and disproven claims of massive voter fraud. He might even send federal law enforcement into Chicago to deal with gun crime. Meanwhile, GOP leadership is putting up a mostly unified front. Business leaders are getting in line, meeting with the new president to secure their spot on his good list, lest he sic his Twitter account on them.

Reporters are rushing to keep up on all fronts, with Trump's pronouncement that torture is effective and his family's new $200,000 Mar-a-Lago membership fee, which doubled this month.

"It's chaos," one reporter tweeted.

Or it's the trenches. It turns out Trump was both serious and literal in his campaign. His whims will be orders. His grievances wielded with the weight of the presidency. He was not playing the bombastic, feuding egomaniac for votes. The reality show is the morning news.

When I hear "President Trump," as I'm pouring my coffee, it retains its dystopian tinge. I wonder if this is how people felt in other times of upheaval, going about their morning routines, for example, while the world teetered on nuclear war. There is a dissonance between the normality of the life you've been living, and the political reality into which you've been plunged.

The steady voice of news anchors you know, the work of writers you've come to rely on offer some solace. People you trust are keeping track, countering lies, investigating, analysing. Even the civil service, unused to being exploited for such deeply personal and ideological ends, is acting out, leaking memos to the press and launching angry tweets from rogue Twitter accounts.

It is a luxury, and a great one, that up until this week my mornings have been largely peaceful. I am a novice in fear, waking up to Trump.

U.S., Mexican leaders spar about proposed wall

Mexican President Enrique Pena Nieto cancelled his visit to the U.S. over a debate with Donald Trump on who will pay for the border wall. THE ASSOCIATED PRESS & AFP/GETTY IMAGES

President Donald Trump called on fellow Republicans to help him enact "great and lasting change" at a party retreat Thursday but offered few details. Later his spokesman said the president will seek a 20 per cent tax on Mexican imports to pay for a proposed border wall.

The president was greeted by cheers as he took the stage in a hotel ballroom, telling senators and House members, "This Congress is going to be the busiest Congress in decades — maybe ever."

He addressed lawmakers shortly after Mexican President Enrique Pena Nieto cancelled a trip to Washington next week for his first meeting with the new president due to their disagreement over which of their countries would pay to build Trump's promised wall on the border between them.

The wall is part of Trump's plan to halt illegal immigration to the U.S., and he has long said that Mexico will pay. Pena Nieto insists his country will not.

On the flight back to Washington, White House spokesman Sean Spicer told reporters travelling with the president that Trump will seek to impose a 20 per cent tax on Mexican imports to pay for the wall. Congressional approval would be needed for such a step.

But then later, at the White House, Spicer tried to take back his earlier comments by saying the 20 per cent tax is one of several options under consideration and Trump hasn't settled on it.

In Trump's remarks to lawmakers, he cast the cancellation of his engagement with Pena Nieto as a mutual decision, saying they had "agreed to cancel our planned meeting." Trump had tweeted early Thursday that "it would be better to cancel the upcoming meeting" given Pena Nieto's unwillingness to pay for the border wall.

Trump's election put Republicans in control of both the White House and Congress for the first time in more than a decade. Yet Trump's often fluid ideology has sometimes put him at odds with his own party, making agreement on issues including a tax overhaul and entitlements no guarantee. THE ASSOCIATED PRESS

When you're photobombed by a shark

WILDLIFE

10-year-old's unusual experience in Australia

A 10-year-old surfer has had a close encounter with a photobombing shark that shared a wave with him off an Australian beach.

Chris Hasson said Thursday that he was taking photos of his son Eden riding a wave off Samurai Beach at Port Stephens, 180 kilometres north of Sydney, on Tuesday when something unexpected and indistinct caught his eye.

He discovered he had photographed the face of a twisting shark just below the surface with his son on an apparent collision course. "I saw the second photo and (thought) — no way," Hasson said. "I quickly called him in and whistled."

"He (Eden) saw a shape in the wave and thought it was seaweed and felt something as he went over the top — he got his leg rope caught on something — but he thought nothing of it until he saw the photo," Hasson said.

James Cook University shark researcher Andrew Chin said the photographed shark was possibly a small great white.

"From the angle, it looks like the shark was spooked and is rolling away from the board to escape it," Chin said. "There is no way that this is a hunting approach."

Port Stephens is on the northern coast of New South Wales state which has experienced an extraordinary increase in shark attacks since a Japanese tourist was killed by a great white in early 2015.

THE ASSOCIATED PRESS

Chris Hasson's son, Eden, surfs near what is believed to be a great white shark at Samurai Beach in Port Stephens, Australia.
COURTESY CHRIS HASSON VIA THE ASSOCIATED PRESS

GAMBIA

Throngs cheer new president's return

President Adama Barrow returned triumphantly to Gambia on Thursday, nearly two months after winning an election disputed by the country's longtime dictator, to the cheers of hundreds of thousands who jammed the roads in welcome.

"That's my president!" the crowds cried, eager to see Barrow fulfil the promise of democratic reforms and newfound freedoms in this tiny West African nation.

The impasse after the Dec. 1 balloting had brought Gambia to the brink of military intervention, as regional leaders vowed to install the democratically elected Barrow despite legal efforts by longtime ruler Yahya Jammeh to overturn the result of the vote. Barrow had flown to Banjul from Senegal, where he had waited for Jammeh to leave Gambia.

Barrow stood out of the roof of his vehicle and waved as he slowly made his way on a tour of the city and back to his home.

Gambians had eagerly awaited Barrow, who has promised to reverse many of the authoritarian policies of Jammeh. The former leader oversaw a government accused of imprisoning, torturing and killing his political opponents.

THE ASSOCIATED PRESS

DOOMSDAY CLOCK

Trump moves world closer to existential catastrophe

The Doomsday Clock has moved 30 seconds closer to midnight, meaning the world is just two and a half minutes from the point of existential catastrophe.

In a statement released Thursday, The Bulletin of the Atomic Scientists said although the decision to adjust the symbolic clock is often based on examining long-term threats to humanity, this year, the actions and statements of one person — Donald Trump — and the rise in 'strident nationalism' became a major driving factor in the board's decisions.

IRENE KUAN/METRO

Start the New Year with the Graduated Licensing Program.

Impulse Awareness and Hazard Perception Training are designed to help novice drivers deal with dangerous situations in a variety of ways, both are part of our Graduated Licensing Program.

Special Offers:
- $1,199 for the Graduated Licensing Program (reg. $1,290)
- $495 for a 6-Hour Lesson Package (reg. $520)

Visit www.mb-drivingacademy.ca or call 604-460-5004
Offer expires February 28, 2017 for registration.
Courses can be taken at a later date.

Mercedes-Benz
The best or nothing.

Coverage areas: Abbotsford, Aldergrove, Burnaby, Coquitlam, Delta, Fort Langley, Kelowna, Ladner, Langley, Maple Ridge, Mission, New Westminster, North Vancouver, Pitt Meadows, Port Coquitlam, Port Moody, Richmond, South Surrey, Tsawassen, Vancouver, West Vancouver, White Rock, Whistler

BioTouch Canada Permanent Makeup Inc. • Training • Supply • Service

BioTouch Canada

Models Needed

Permanent Makeup Only $50

We have small classes with 4 students and 2 instructors for each class. Each procedure is under the direct supervision of a permanent makeup instructor and performed by a student in training. You can be confident in the final results of our work.

FEATHERING EYEBROW

- Eyebrow
- Eyeliner
- Lips
- Corrections
- Areola Repigmentation
- Scar Relaxation & Camouflage
- Needling for Wrinkles and Acne Scars

Be the instructor's model and save 50%!

750 West Broadway, Suite 1108, Vancouver
604 873 3636 • www.biotouchcanada.com

MERLO | DAVIDSON
SETTLEMENT

NOTICE OF CERTIFICATION AND SETTLEMENT APPROVAL HEARING

RCMP GENDER HARASSMENT AND DISCRIMINATION CLASS ACTION

If you are a female or identified as a female and were an RCMP Regular Member (for purposes of this Proposed Settlement includes Regular Members, Special Constables, Cadets, Auxiliary Constables, Special Constable Members, and Reserve Members), Civilian Member or Public Service Employee (for purposes of this Proposed Settlement includes Temporary Civilian Employees) working within the RCMP, this notice may affect your legal rights. Please read it carefully.

Class action lawsuits were initiated alleging gender based harassment and discrimination within the RCMP. The Defendants, while not admitting liability, have agreed to a settlement of these lawsuits. A federal court class action has been certified on consent, conditional on court approval of the settlement.

Who is Eligible for the Proposed Settlement?

To be eligible to participate in the settlement, you must be a member of the class. The class is defined as:

Primary Class Members: female current and former living Regular Members, Civilian Members and Public Service Employees (who are appointed by the Commissioner of the RCMP under the delegated authority of the Public Service Commission pursuant to the Public Service Employment Act, R.S.C., 1985, c. P-32; amended S.C. 2003, c. 22, ss.12, 13) who worked within the RCMP during the Class Period who experienced and/or continue to experience gender and sexual orientation based harassment and discrimination while working in the RCMP during the Class Period, and who have not opted out or are not deemed to have opted out of the Class Action on or before the expiry of the Opt Out Period.

For the purposes of this Agreement "**Regular Members**" includes Regular Members, Special Constables, Cadets, Auxiliary Constables, Special Constable Members, and Reserve Members

For the purposes of this Agreement "**Public Service Employees**" includes Temporary Civilian Employees who, prior to 2014 were appointed under the now-repealed subsection 10(2) of the RCMP Act, R.S.C., 1985, c. R-10;

Secondary Class Members: All persons who have a derivative claim in accordance with applicable family law legislation arising from a family relationship with a member of the Primary Class.

If you **do not** wish to participate in the class action, you must deliver a signed Opt-Out Form to Class Counsel received or postmarked no later than March 29, 2017. If you do not exclude yourself by that date, you will be included in this lawsuit and will be bound by the court's judgement on the settlement. The Opt-Out Form can be obtained from Class Counsel at the address below. It is also available on Class Counsel's websites.

If you have an ongoing lawsuit with respect to gender or sexual orientation based harassment or discrimination in the RCMP, and you wish to participate in the proposed class action settlement, you must discontinue your lawsuit before March 29, 2017. If you do not, you will be deemed by s. 334.21(2) of the Federal Court Rules, SOR/98-106 to have opted out of the class action. Please contact your lawyer to discuss your options.

The Terms of the Proposed Settlement

The settlement contains numerous change initiatives directed at eliminating workplace harassment and discrimination in the RCMP. The settlement also provides compensation for members of the Primary Class who experienced gender or sexual orientation based harassment or discrimination while working in the RCMP during the Class Period. Compensation is available for Secondary Class Members where the Primary Class Member's Claim is assessed at either of the two highest severity levels.

You can obtain a copy of the settlement agreement and the applicable schedules by contacting Class Counsel at the address below. These documents are also available on Class Counsel's websites.

The Approval Hearing and Your Right to Participate

A motion to approve the settlement is scheduled to be heard on May 24, 2017 at 9:30 am at the Federal Court of Canada, Trial Division, in Toronto. Class Counsel will also ask the court to approve an award of fees and disbursements for their work in achieving the settlement.

If you agree with the proposed settlement, you do not have to do anything at this time. If the court approves the settlement, a notice will be published setting out the procedures for submitting a Claim.

If you disagree with the proposed settlement, you have the right to object. You may do so by delivering a letter to Class Counsel in advance of the hearing, which Class Counsel will then provide to the court. In your letter, you should provide your name, contact information, and a brief statement of the nature and reasons for your objection.

What are the Financial Consequences?

If the settlement is approved by the court and you have not opted out of the class action prior to the opt-out deadline, you will be bound by the terms of the settlement.

The defendants have agreed to pay Class Counsel's disbursements and are making a contribution toward class counsel fees. Class Counsel will request a further class counsel fee of 15% plus applicable sales tax payable from the compensation awarded to class members under the settlement. The award of class counsel fees is subject to court approval.

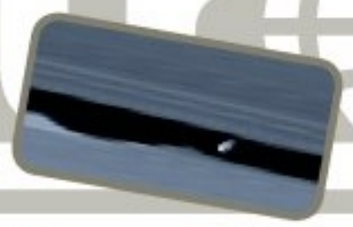
For More Information

For more information about the settlement, contact Class Counsel at:

Klein Lawyers LLP
Attn: Angela Bespflug
Suite 400-1385 West 8th Avenue
Vancouver, BC V6H 3V9
Phone: (604) 874-7171 • Fax: (604) 874-7180

Kim Orr Barristers P.C.
Attn: Megan B. McPhee
19 Mercer Street, Suite 400
Toronto, ON M5V 1H2
Phone: (416) 596-1414 • Fax: (416) 598-0601

metro SCIENCE
Your essential daily news



NASA's Cassini spacecraft has captured an eerie image of Saturn's moon Daphnis, shot through the rippling rings

DECODED by Genna Buck and Andrés Plana

WHO'S RIGHT? INSIDE THE SUGAR WARS

What is making us fat? The reasons for the obesity epidemic are still a matter of debate, even among experts. It's really hard to study the long-term effects of a given diet. Fat was once nutrition enemy number one, but now some critics are taking aim at sugar. Here are three different views.

What's insulin resistance?
You can think of the hormone insulin as a key that unlocks fat and muscle cells. Your body converts food into simple sugars. When you eat, your blood sugar spikes, and your pancreas releases insulin. Insulin brings your blood sugar down by encouraging muscle cells to absorb sugar and use it for energy, and fat cells to absorb sugar and store it as fat. If you have insulin resistance, you've built up a bit of a tolerance to insulin. You need to secrete more of it in order to have the same effect of your cells, making it harder to keep your blood sugar under control. Some experts, not all, believe insulin resistance is a major factor driving many chronic diseases, including obesity.

The sugar-wary doctor

Dr. Khosrow Adeli, head of clinical biochemistry, SickKids

A little bit of sugar is important. It makes food taste good. But there is no question, from dozens of studies in humans and animals, that sugar, and particularly fructose, causes insulin resistance. When you develop insulin resistance, it can turn into a number of chronic conditions, including obesity and Type II diabetes. Too much fructose also causes high blood pressure and fatty liver disease. And the effects tend to be worse if you're also eating a lot of fat and other carbohydrates. Fructose and sugar are a problem not just because of all the calories they contain. If you compare them to calories from, say, fat, the fructose calories are much more harmful. B**ottom Line:** Along with lack of exercise and overeating, sugar, and especially fructose, is one of the main reasons for our obesity epidemic. Adults should cap fructose intake at 50 g per day.

The crusading journalist

Gary Taubes, author, The Case Against Sugar

For the past century or so, the worst we've said about sugar is that it's empty calories. The idea was that you could exercise it away and balance it by eating less of other things. That is naïve. There's a significant amount of evidence that sugar is a fundamental cause of the obesity and diabetes epidemics worldwide. Something in our diet and lifestyle is causing it, and sugar should be the prime suspect. We don't say **too much** smoking causes lung cancer. We say smoking causes lung cancer. If I'm right, and I clearly think and hope I am, doctors are going to be telling you sugar is killing you, don't eat it. **Bottom line:** Sugar kills; minimize your intake.

The skeptical scientist

Dr. David C.W. Lau, professor, University of Calgary

Gary Taubes's ideas are oversimplified. I've been doing research on obesity for a long time, so I'm very familiar with the arguments about sugar and insulin resistance. We develop insulin resistance as we gain more body fat. That is the body's natural defence mechanism to stop you from gaining more fat. It's one reason we tend to stay at a constant weight. But you usually won't become insulin resistant to the point that insulin doesn't work, unless you are prone to developing Type 2 diabetes. **Bottom line:** The amounts of carbs, fat, or other major nutrients in your diet don't matter as much as excess calories do. That's what causes weight gain.

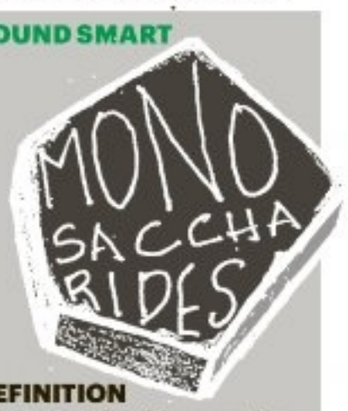
Your week in science

MAY WARREN/METRO

SCIENTISTS MARCH
As a U.S. administration steeped in climate-change denial and other anti-science views takes power, scientists are planning to storm Washington, D.C. and demand evidence-based policy — after peer review of course.

METALLIC HYDROGEN
Imagine a superconducting rocket fuel, solid at room temperature and explosive enough to propel spaceships. Since 1935, the idea of solid metal hydrogen has been just that. Now Harvard scientists have created it IRL, by compressing hydrogen at 71.7 million lbs per square inch.

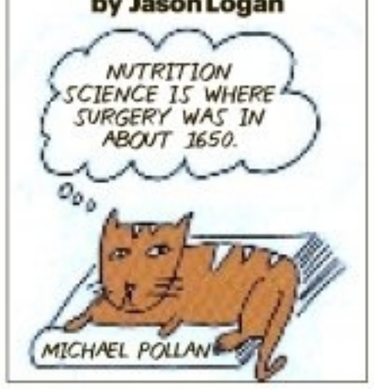
SOUND SMART



DEFINITION
Monosaccharides are the simplest carbohydrates, the easiest and fastest source of energy your body can get. They're single-molecule sugars. **Monosaccharides** include glucose and fructose. When you stick one molecule of each together, you get **sucrose**: table sugar.

USE IT IN A SENTENCE
Deborah gorged herself on **monosaccharides** today because there was a candy bowl at work.

PHILOSOPHER CAT
by Jason Logan



Philosopher cat now at www.mymetrostore.ca

metro Your essential daily news
CHIEF OPERATING OFFICER, PRINT Sandy MacLeod
VICE PRESIDENT & EDITOR Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES Steve Shrout
MANAGING EDITOR VANCOUVER Jeff Hodson
ADVERTISER INQUIRIES adinfovancouver@metronews.ca General phone 604-602-1002
FREE TO SHARE

Exceptional iPhone 6s. Exceptional price.

iPhone 6s

$0

on select 2-year
Share Everything™ plans*

iPhone 6s

Hurry into a Rogers store today!

ROGERS™

*Offer valid for a limited time or while supplies last, and is subject to change without notice. Discounted price applies to iPhone 6s 32GB model on 2-year Premium+ Tab Share Everything plans. A Connection Fee of $20/line applies to activate your service. Early Cancellation fee and/or price plan downgrade fee applies in accordance with your service agreement. ©2017 Rogers Communications

metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Milla Jovovich returns to the big screen for the seventh, and possibly last, chapter of the Resident Evil film franchise. CONTRIBUTED

Resident Evil's teaching moment

ACTION HORROR

The franchise is a big money maker despite harsh ratings

Richard Crouse
For Metro Canada

Since 2002 Milla Jovovich has played a genetically altered zombie fighter with telekinetic powers in six Resident Evil films.

Like the undead fleshbags who populate these based-on-a-videogame movies, you can't seem to kill this franchise, although the title of this weekend's Resident Evil: The Final Chapter seems to indicate the end is near.

But just because the Resident Evil movies aren't Shakespeare doesn't mean we can't learn something from them. Here's what I took away from Jovovich and Company in the last thirteen years:

1. The undead have really, really bad aim.

2. No matter what stunt she has just performed, whether it's plummeting nineteen stories down an abandoned mine shaft, or battling legions of bad guys, Mila's hair will, at most, only look slightly tousled, as if Vidal Sassoon had just finished running his magic fingers through her locks.

3. The amount of rainfall in the future makes Vancouver look arid.

4. To act in one of these movies you must perfect one of two facial expressions: a. steely determination, or b. uncontrolled rage (which can be alternated with a sadistic smile if necessary).

5. Characters will say, "What the hell is going on here?" when it is quite clear what the heck is going on.

6. Most of the people to survive the deadly plague that destroyed most of humanity look like Abercrombie & Fitch pinups.

7. Why take the stairs when you can drive a Rolls Royce down an escalator?

So there you have it — lessons learned.

Despite legendary director Jean-Luc Godard's claim that, "All you need for a movie is a gun and a girl," both of which are amply on display in the Resident Evil movies, they still feel more like a videogame projected on a big screen than a movie.

But who cares what I or other film critics think? These movies have been phenomenally successful and for over a decade have proven to be critic-proof. Roger Ebert placed Resident Evil on his most hated films list in 2005 and called its sequel, "an utterly meaningless waste of time," adding, "Parents: If you encounter teenagers who say they liked this movie, do not let them date your children."

Leonard Maltin added to the pile on calling Resident Evil: Apocalypse "tiresome" while Dark Horizons said the third movie, Afterlife was, "perhaps the first 3D motion picture to simulate the experience of watching paint dry," and yet the splatter flick went on to gross $300 million dollars worldwide.

Critics aside, others in the film biz love the movies. Avatar director James Cameron called Resident Evil his biggest guilty pleasure and the Ontario Media Development Corporation acknowledged the Toronto-shot Afterlife as the most successful production in Canadian feature film history.

Bottom line is that in total, the series has grossed almost $1 billion — a feat recognized by the Guinness World Records Gamer's Edition who called the Resident Evil films "the most successful movie series to be based on a video game," awarding them with the record for Most Live-Action Film Adaptations of a Video Game.

MOVIE RATINGS by Richard Crouse

Gold	★★
Trespass Against Us	★★
The Red Turtle	★★★★
Toni Erdmann	★★★★

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

FINANCING YOUR FUTURE, NOT YOUR PAST

0 MONEY DOWN & 0 PAYMENT UNTIL JULY 1ST, 2017 O.A.C.
(CANADA DAY)

• Private Answers – Email or Text • No Payments For 6 Months (oac) •
• Over 700 Vehicles to choose from • Same Day Approval •
• Drive Away the Same Day •
• Employed for a minimum of 1 month - need 1 paystub showing income of a minimum $1800 per month •

GUARANTEED AUTO LOANS

(604) 506-3514

GUARANTEEDAUTOLOANS.CA

A flashy blond in Bre-X gold scandal

INTERVIEW

Even a gaudy hairdo was fine for Bryce Dallas Howard

Steve Gow
For Metro Canada

It wasn't until Bryce Dallas Howard saw herself in a crazy permed wig that she truly found her character for the new movie Gold.

"You have to kind of see it to understand who that person is," admitted the 35-year-old star about trying on gaudy hairdos to unearth her character.

"It's a little punny, but that's when I got to try on different versions of her. Eventually we landed on curly-haired, big-boobed and clothes that were a size too tight for her."

Loosely paralleling the Canadian-based Bre-X scandal of the '90s, Gold excavates the account of a flighty prospector (played by a balding, chubby Matthew McConaughey) whose incredible Indonesian gold strike dupes thousands of investors out of millions of dollars — until the fortune isn't what it appears to be.

Playing the obsessed tycoon's whip-smart girlfriend, Howard was shocked to learn the incredible twists of the real swindle.

"My character was invented so it wasn't really something that was a big part of my preparation. Even now I'm learning more details," laughed Howard, of the adaptation that relocates the action from Alberta to Reno, Nev. "It's so bizarre to me that the story that it's based on took place in Canada; it feels like such a specifically American story because this story represents the potentials and evils of capitalism."

Howard's own tale is certainly one that has been nothing but blessed by potential.

Having set out in Hollywood in 2004, the daughter of legendary filmmaker Ron Howard may have hit early pay dirt with hits like The Village and Spider-Man 3, but the real treasure has only now arrived by balancing big-budget blockbusters like Jurassic World and quiet personal downtime.

"I'm more excited about stuff I'm getting to do than I've ever been," said Howard, currently preparing for the forthcoming Jurassic World sequel.

"But I've never lost my privacy, never had a massive change in lifestyle. I've been able to be home for long stretches of time with having kids (and) the fact that I've gotten to go back to working again is not something I take for granted."

MOVIES

Netflix changing the game for entertainers

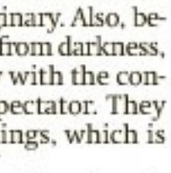
"When I was younger, the gravy train of the movie business drove me bananas," Bryce Dallas Howard said of the changing film scene. "There's like a democratization of entertainment happening with Netflix and the cream rising to the top – it's a great time to be a storyteller."

Bryce Dallas Howard and Matthew McConaughey in a scene from Gold. SUBMITTED

Two features of masterful horror

MOVIES

Blind Sun and Dearest Sister are creepy good



Richard Crouse
For Metro Canada

Dearest Sister, starring Vilouna Phetmany, was directed by Mattie Do — the first female Laotian director to make a full-length feature. CONTRIBUTED

Joyce A. Nashawati's pre-apocalyptic film Blind Sun sets xenophobia and alienation against the sunny backdrop of Athens, Greece. Dearest Sister is Mattie Do's story of Laotian lottery ghosts and communication with the dead.

They're two very different films but are bonded by the director's shared love of the horror genre, their global outlook and the streaming source Shudder, which will feature both films exclusively in Canada.

"I always adored genre films and watched them closely," says Nashawati on the line from Tokyo where she is researching her second film. "Films that are not totally subjected to realism; that play with what cinema can do with the imaginary. Also, because they come from darkness, I think they play with the conscience of the spectator. They give and take things, which is kind of playful."

Mattie Do, the first female Laotian director to make a full-length feature, was born in Los Angeles, but now lives in a country that didn't even have movie theatres when she moved there in 2010.

She admits "our film growth is rocky," but adds, "people outside may see it as challenging to work in a developing country with no infrastructure but at the same time no one here tells me what stories I have to make. When I walk into the Department of Cinema, they know who I am because we have so few filmmakers in the country but it is easy for us to sit down and have a very adult discussion. Whereas if I was facing down some board of directors I might not be able to have the creative control I do here."

A global perspective comes naturally to Nashawati who grew up between Beirut, Accra, Kuwait and Athens.

"My past was very global without being a choice," she says. "Blind Sun was made by someone who is Lebanese, with a French producer, you're watching it in Canada and we're now talking while I'm in Japan. This is the way things are today. It is exciting. It is interesting that it is (happening) when politics is going the opposite way and closing things."

The pair have very different styles — Do's film is a slow burner, Nashawati's a nightmarish thriller — but both agree modern technology has made it possible for them to turn their wild visions into movies.

Nashawati thinks it has never been easier to make films, even if you're "someone who is outside the circle of filmmaking or someone who isn't from a bourgeois background."

"If you adore filmmaking today," she says, "this a great time to know you can actually make a film and it can be shown."

Do says foreign directors are given a big leg up by streaming services like Shudder who are able to take chances on offbeat films.

"With Shudder I feel people can explore more different tastes and sub-genres of genres. If I described Dearest Sister, a Laos film about a lottery ghost and a girl who is going blind, would you pick up a ticket for that movie? Maybe not. But if you could sit in the comfort of your own home, pick up your remote or your computer and say, 'Look at all these movies. That's random, there's a Laos movie. What's Laos like?' You can just click on it. It feels like a safe investment."

Dearest Sister is streaming now. Blind Sun will be available Feb. 9.

Talk it out

Opening up about struggles with mental illnesses like depression and anxiety is the first step toward removing the stigma that often keeps people from seeking the help they need. ISTOCK

CHANGING ATTITUDES

Talking about mental illness helps bring it out of the shadows

Rhonda Riche

Canadians have come a long way in understanding mental illness. Conditions like depression and anxiety were once discussed behind closed doors, which often would discourage people from seeking treatment.

Today, through education, these attitudes have changed and we, as a society, are now more comfortable talking openly about mental illness. Politicians such as MP and parliamentary secretary Celina Caesar-Chavannes and celebrities such as Demi Lovato have gone public with their struggles with depression in order to tear down the stigma associated with the condition. Even Prime Minister Justin Trudeau has gone on the record recounting his experiences with his mother's bi-polar diagnosis.

Starting the conversation

Talk is good, but for many, getting the conversation started is still a hurdle. The first step is realizing that your concerns are valid.

Five years ago, Andrew, 50, suffered an anxiety attack that sent him to the Emergency Room. "I had been having these feelings for a while. I thought it was just normal stress," he says. "I put off talking about it because I thought there were so many people with bigger problems than me."

The next step is opening up to someone you trust. This could be a partner or close family member, a mentor or coach or a family doctor or public health nurse. Exposing your emotions can be intimidating, but it is also an empowering act. After his visit to the ER, Andrew realized that keeping his experiences bottled up was only increasing his anxiety, as was the feeling of not being in control. After opening up to a few close friends, Andrew felt less helpless. He also discovered that his friends had experience with anxiety and could share their support networks with him.

A common experience

Patients and their friends and family often find confidence in knowing they are not alone: according to the Canadian Mental Health Association, 20 per cent of Canadians will personally experience a mental illness in their lifetime; most of us will be affected by it, either directly or indirectly, at some time in our lives.

If you don't feel comfortable discussing it with friends and family, there is always the kindness of strangers. Dr. Chetan Mehta is a community health practitioner. In his practice, he sees a lot of walk-in patients. "About once a month, someone will come in and ask me directly about a concern," says Mehta. "Sometimes they come in for another, physical health matter and then raise the mental health issue."

Even though, according to the Canadian Mental Health Association, mental illness affects people of all ages, cultures and levels of education and income, it's still a taboo topic for many. Or they fear airing their concerns with close friends or family (or even their family doctor) because they don't want to be gossiped about.

Accessibility is also a problem. Mehta has worked in remote communities. He recognizes that "one-on-one counselling is not always available to everyone." In these cases, he says, safe and useful support tools are available online or by phone or text from community organizations like the Canadian Mental Health Association (cmha.ca).

We are all advocates

In any dialogue about mental illness, you may find it helpful write out your concerns in advance. It can help you organize your thoughts and be specific about the kind of help you need. Consider bringing the list with you when you see a practitioner.

Regardless of where the conversation starts, Mehta says that we all — patients and supporters — need to advocate for better resources to diagnose and treat mental illness. Andrew is now in therapy and sees that he himself was his most important advocate. "Your mental health is just as important as your physical health," he says.

ISTOCK

LISTEN UP

In any conversation about mental health, the role of the listener is vital. If a family member or friend comes to you for support, here are a few things to keep in mind:

Language matters
Pay attention to the words you use when discussing mental illness.

Educate yourself
Learn about mental illness — what it is and what it isn't — and understand the signs.

Be kind
Small acts of kindness go a long way.

Listen
Sometimes it's best to just listen.

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

Thanks to you, mental health is on everyone's lips. Your voices are making a real difference.

👏❤️😀❤️👍

131,705,010 interactions.
$6,585,250.50 more for mental health care and research.

Bell Let's Talk

bell.ca/letstalk

AUTO PREVIEW

CONTRIBUTED

A SLEEKER AND RICHER-LOOKING CIVIC

Many compact cars compromise style, space and performance in return for a low price, reduced content and exemplary fuel economy. The 10th-generation Honda Civic sedan and coupe deliver the whole enchilada seemingly without compromise or beating too hard on the list price. Despite being slightly larger in all key areas, the Civic models don't weigh any more, thanks to lighter materials and components employed in their construction. The redesign has resulted in a sleeker and richer-looking Civic matched by interiors that are quieter due to improved door sealing and insulation. Engine choices consist of a non-turbo four-cylinder on lower trim levels, while upper-range models get a turbocharged I-4. The Turbo is also standard in the new Civic hatchback that comes on stream for 2017. Both the non-turbo and turbo powerplants are available with a six-speed manual transmission, or optional continuously variable unit (CVT). Regardless of preference, the Civic models have evolved into a kind of anti-compact compact cars that won't leave you feeling short-changed.

CIVIC

Base Price (including destination): $26,700; $31,300 (Hybrid)

MAJOR MAKEOVER

One of North America's best-selling cars is receiving a major makeover, resulting in more passenger and cargo room and more power from two new engines.

The CR-V now uses a version of the same platform first used in the 2016 Honda Civic. As a result there's an extra four centimetres between the front and rear wheels that primarily benefits rear-seat passengers with more legroom. There's also an extra three centimetres in overall length, but the gain in space behind the rear seats is primarily due to a redesigned body. A new dashboard has been installed in the taller and wider cabin with new touchscreens and an available navigation system supplied by Garmin. The CR-V's tried and true 2.4-litre four-cylinder engine remains, but buyers can now upgrade to a turbocharged 1.5-litre I-4 (also from the Civic) that makes an estimated 190 horsepower. Both powerplants will be mated to continuously variable transmissions.

CR-V (NEW)

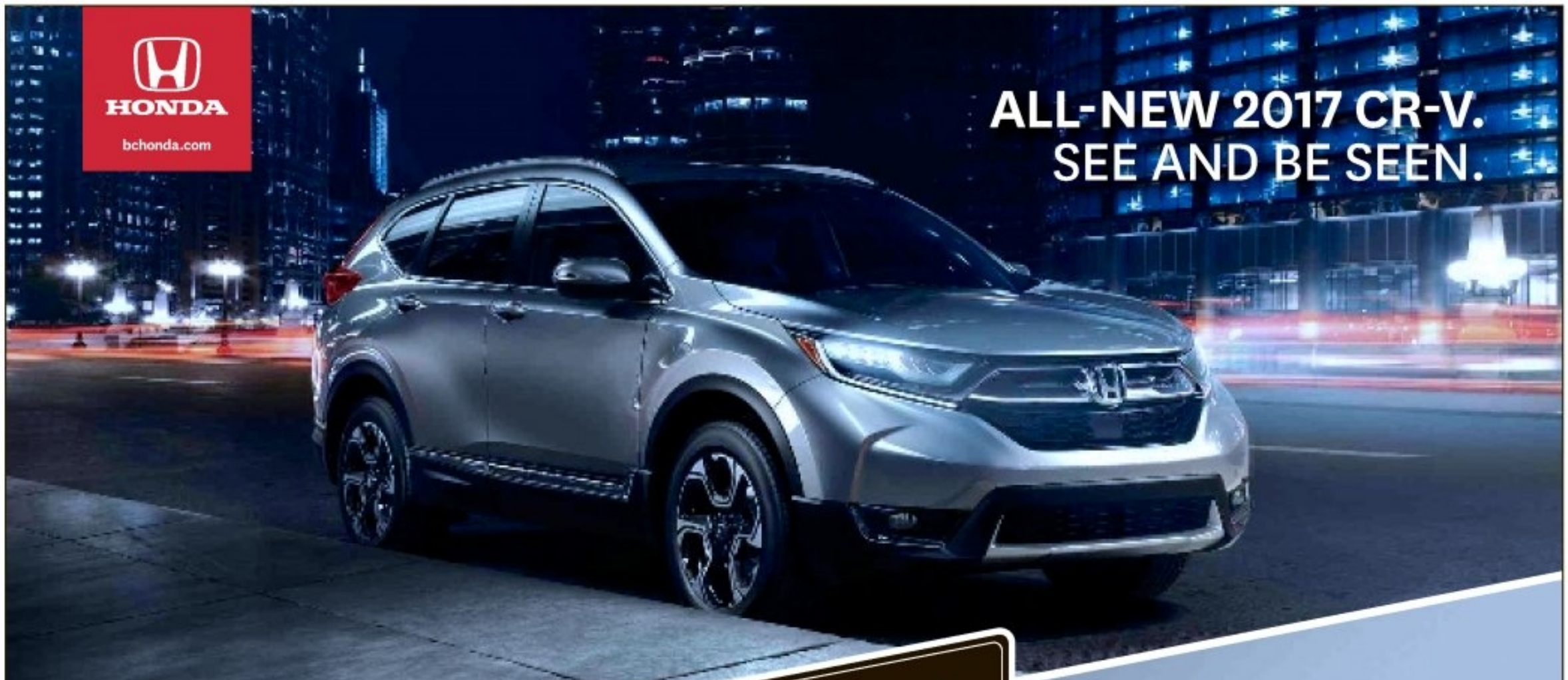
Base Price (including destination): $28,500, (est.)

A rock-solid reputation on the Ridgeline

The second-generation five-passenger Honda Ridgeline is all about a comfortable environment, clever convenience touches and a rock-solid reputation. The previous Ridgeline wasn't necessarily a muscular match for other compact or full-size trucks on the market and it didn't try to be. Instead, it was more like a sport utility vehicle that shared a basic platform with the Honda Pilot, only with an open box instead of an enclosed cargo space. For 2017, Honda has added refinement, people-pleasing features and a stout 280-horsepower V6 connected to a six-speed automatic transmission that directs torque to all four wheels. The new Ridgeline's bed is longer and wider so it can now load 4x8 sheets of building materials between the wheel wells. A lockable storage area beneath the box's floor contains the spare tire, provides added space for stowing bulky valuables such as tools and groceries, and can also function as an ice chest. It's accessible by swinging open the standard "Dual Action" tailgate from the right-hand side, or by lowering it in the traditional manner.

RIDGELINE (NEW)

Base Price (including destination): $38,400



FIND YOUR H PLACE.

The All-new 2017 CR-V

STARTING FROM

$28,415**

selling price includes freight and PDI

Model shown :
CR-V TOURING AWD CVT
RW2H9HKN5

Loaded with features like:

1.5L, turbo with 190hp | AWD | Honda Sensing | Power Tailgate

The 2017 CR-V is bound to be a showstopper. It's full of original CR-V spirit, channeled into the most beautiful form yet. It has an all-new sporty design and athletic personality jam packed with tons of innovative technology and features. The 2017 CR-V has what it takes to be a hit. No matter the audience.

10 Best TRUCKS AND SUVs

**MSRP is $26,415/$34,715/$37,015/$39,815 including freight and PDI of $1,725. License, insurance, registration and taxes are extra and may be required at the time of purchase. **Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, tire/battery tax of $25, or air conditioning fee (where applicable) of $100, all of which are due at time of delivery. Additional charges for waste disposal fees, environmental fees and handling charges (all of which may vary by dealer and/or vehicle) may apply. Offers valid from January 4th through 31st, 2017 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

CONTRIBUTED

MERCEDES-BENZ IS AT IT AGAIN

The CLA250 (front-wheel-drive), CLA250 4MATIC and AMG CLA45 are all back at it for 2017 with unchanged powertrains. The smallest four-door sedan in the Mercedes lineup also has the smallest engine.

The base 208-horsepower turbocharged 2.0-litre CLA250 Coupe achieves a zero-to-60-mph (96 KM-H) time of 6.9 seconds while the AMG model — with its beefed up 2.0 now making 375 horsepower and 350 pound-feet of torque — cuts that time to 4.1. Despite all the extra power, fuel efficiency with the AMG model does not drop significantly. The standard dynamic select system allows the driver to personalize his or her driving experience and the optional active suspension helps to dial in handling. Interiors are well appointed and the usual safety features are all in place, traits you would normally expect from Mercedes-Benz.

Minor changes include bumpers, wheel designs, trim, paint, and upholstery. A few former optional features now appear as standard. Clean lines, solid performance, nice fit-and-finish and a reasonable price tag make the CLA a definite contender in its class.

CLA

Base Price (including destination):
$37,300

THE ALL-WHEEL DRIVE GLA RETURNS FOR 2017

The GLA is back in more or less the same condition as in 2016.

The only real changes for the 2017 model year is a new cluster design and slim-line display as part of the multimedia package.

The all-wheel-drive GLA continues to share its engine and drivetrain with its car-based sedan sibling, the CLA. Base horsepower for the GLA250 and GLA250 4MATIC sits at 208, while the GLA45 AMG model chimes in with 375 (up from 2016's 355-horse rating).

The 208-horsepower GLA250 hits 60 mph (96 km-h) from rest in 7.2 seconds while the 375-horsepower AMG takes 4.3, which are impressive times given their relatively small-displacement engines.

Five drive modes are available, taking you all the way from Eco to Off-Road.

While cargo capacity is increased over the CLA, the rear seat's roominess is diminished due to sharp-slanting C-pillars, making long road trips somewhat tight for adult passengers sitting in back.

GLA

Base Price (incl. destination):
$40,100

A C-Class vehicle for every buyer

The C-Class lineup is a toy box that's brimming with similarly sized cars of different shapes to cover a huge range of buyers.

It's not like the four-door sedan is old by any means, but the new coupe and convertible models are extra new. They're longer than the previous two door models with about eight more centimetres between the front and rear wheels.

They're also lighter, lower and have big wheels as standard. An interior makeover includes well-bolstered seats and a wood-trimmed control panel.

The toggle-style gearshift lever is located on the steering column and in its former location on the console is a controller with a unique touch pad.

It allows your fingers to zoom or reduce (pinch) and select the various menu items, including infotainment, communications and climate systems that are shown on a dash-mounted tablet-style screen.

The base engine for all is a turbo-charged four-cylinder with higher-performing AMG models receiving turbo V-6 and V-8 variants. Luxury abounds with leading-edge luxury options such as a sport suspension, panoramic sunroof and 13-speaker Burmester-brand audio system.

C-CLASS

Base Price (including destination):
$46,000 (sedan); $50,100 (Coupe)

CONTRIBUTED

Ask us about Prepaid Maintenance.
Mercedes-Benz.ca/PPM

4MATIC™ for Canada.

Enjoy exceptional control with 4MATIC™ all-wheel drive. Plus, current Mercedes-Benz Financial Services customers receive a 1% rate reduction on their next new purchase.[3]

2017 CLA 250 COUPE.
TOTAL PRICE STARTS AT $38,360.*

Rates Starting At	With
0.9%[1]	$3,500[2]
60 Months	In Delivery Credits

** Fees and taxes extra.

Mercedes-Benz
The best or nothing.

Mercedes-Benz Vancouver Retail Group 1-855-586-4491 | mbvancouver.ca

Mercedes-Benz Vancouver
550 Terminal Avenue, Vancouver
Open Sunday: 12pm – 5pm I D#6276

Mercedes-Benz Boundary
3550 Lougheed Highway, Vancouver
Open Sunday: 12pm – 5pm I D#6279

Mercedes-Benz North Vancouver
1375 Marine Drive, North Vancouver
Open Sunday: 11am – 5pm I D#6277

Mercedes-Benz Richmond
5691 Parkwood Way, Richmond
Open Sunday: 11am – 5pm I D#6278

Mercedes me
Aberdeen Centre, Richmond
Open Sunday: 11am – 7pm I D#6278

© 2017 Mercedes-Benz Canada Inc. **2017 CLA 250 shown above.** *Total price of $38,360 for advertised vehicle includes MSRP plus all applicable dealer fees. **Vehicle options, fees and taxes are extra. Freight/PDI of $2,295, dealer admin fee of $595, air-conditioning levy of $100, EHF tires, filters, batteries of $25, and PPSA of $45.48 are due at signing. MSRP starting at $35,300. [1]Finance APR of 0.9% up to 60 months/lease APR of 2.9% up to 45 months is only available through Mercedes-Benz Financial Services on approved credit for a limited time (excluding AMG). [2]Please note the delivery credit of $3,500 on the 2017 CLA 250 model is a one-time credit for deals closed before January 31, 2017. **Vehicle license, insurance, and registration are extra. [3]The loyalty program offers a 1% rate reduction off of the lowest posted lease (minimum lease rate is 0.03%), retail finance or star advantage rate on new and demonstrator Mercedes-Benz passenger car vehicles (minimum finance rate is 0.00%). To be eligible, a customer must have leased or financed a new or pre-owned Mercedes-Benz with Mercedes-Benz Financial Services and currently have an active account or had an active account within the last 6 months. Certain limitations apply. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz Vancouver Retail Group store for details or call the Mercedes-Benz Vancouver Customer Care at 1-855-586-4491. Offers end January 31, 2017.

A COMPELLING FAMILY WAGON

A late 2016 arrival, the all-wheel-drive QX60 received a bolder mesh-style grille that replaced the previous face. There are also new headlights and fog lights that blend in with the vehicle's striking sheet-metal. Inside, standard leather-covered seats provide good support across all three rows and there's plenty of places to stow valuables.

Improvements to the QX60s road manners include a re-tuning of the front and rear suspension and a faster-acting power steering unit that requires less wheel rotation when turning. All QX60's come with a 3.5-litre V-6 that's also found in numerous Infiniti and Nissan models. It's linked to a continuously variable transmission (CVT with built-in "steps" that emulate traditional automatics). The QX60 is also available as an all-wheel-drive Hybrid model. It uses a supercharged 2.5-litre four-cylinder engine working in combination with a 15-kilowatt electric motor to produce 250 combined horsepower.

The QX60's updated style and features make a compelling case for consideration as your future family wagon.

Add in attractive pricing and the QX60 is a practical indulgence that can win out over traditional premium-priced sedans every time.

QX60

Base Price (incl. destination): $49,400

CONTRIBUTED

The QX50 growing into redesign

The original Infiniti EX35 that became the QX50 for 2014 received a significant redesign for 2016. Virtually all of the vehicle's exterior was changed and, just as importantly, the hatchback grew 11.4 centimetres in length and 8.1 centimetres between the front and rear wheels.

The growth spurt has resulted in about 11 centimetres of extra rear-seat legroom and added interior volume for all. Infiniti's stylists also started with a clean sheet of paper when envisioning the QX50's cabin. Along with what the automaker calls a "double wave" instrument panel, there's a seven-inch touch-screen display, high-contrast gauges and power-adjustable front seats. Returning is a 3.7-litre V-6 that maxes out at 325 horsepower and connects to a seven-speed automatic with manual shift mode.

Both rear- and all-wheel-drive models are available in a single, well-appointed trim level. However there are a number of option packages that enable you to customize your QX50 with climate control, 11-speaker Bose audio package, navigation system, maple interior trim (in place of aluminum), 19-inch wheels in place of 18-inchers and the latest in crash-prevention/avoidance hacks.

QX50

Base Price (including destination): $41,000

New engine for best-seller

Infiniti's best-selling model has finally received a completely new three gasoline-engine lineup to match the updated looks it was given for 2014 and that match up with the all-new 2017 Q60 coupe's powertrains.

In addition, the gas-electric hybrid returns unaltered with a combined 360-horsepower output. The changes should allow the Q50 to compare more favorably with the BMW 3-Series, Cadillac ATS, Mercedes-Benz C-class and other entry-sporty sedans. The starting-point turbocharged four-cylinder (courtesy of Mercedes-Benz) is actually 120 horses shy of the previous non-turbo V-6. But move up to the twin-turbo V-6 and you have either 300 or 400 horsepower (in the Red Sport model) plus plenty of torque to play with. Each engine plus the hybrid is mated to a seven-speed automatic transmission and every model comes with all-wheel-drive. An interesting option on the V-6 Q50 is what Infiniti calls Direct Adaptive Steering (DAS), also referred to as steer-by-wire. It allows drivers to dial in both steering ratio and steering effort by selecting from Standard, Sport, or Sport-Plus modes.

As well, three additional adjustments in either of the latter two modes allow for fine-tuning steering response.

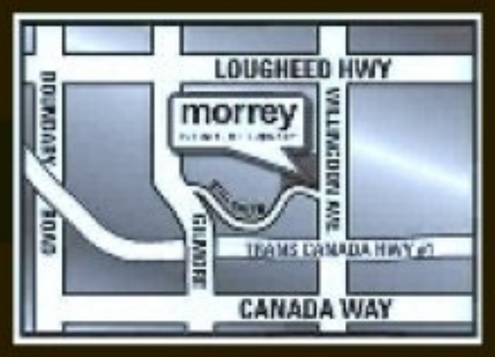
Q50

Base Price (including destination): $42,000

CONTRIBUTED

morrey INFINITI of BURNABY

morreyinfiniti.com • Call 604-678-1000 • 4456 Still Creek Drive • Burnaby



THE POWER OF INFINITI

TAKE ADVANTAGE OF AMAZING OFFERS ON ALL 2017 MODELS

Q50

$448 MONTHLY FOR 48 MONTHS AT 1.99% LEASE APR

$2,800 DOWN PAYMENT | $0 SECURITY DEPOSIT

OR UP TO **$2,500** IN CASH BONUS

QX60

$578 MONTHLY FOR 48 MONTHS AT 2.29% LEASE APR

$4,100 DOWN PAYMENT | $0 SECURITY DEPOSIT

OR UP TO **$3,000** IN CASH BONUS

QX80

$938 MONTHLY FOR 48 MONTHS AT 3.29% LEASE APR

$4,550 DOWN PAYMENT | $0 SECURITY DEPOSIT

OR UP TO **$2,000** IN CASH BONUS

INFINITI.

EMPOWER THE DRIVE™

infiniti.ca

MAZDA3

Base Price (including destination): $17,800 (sedan); $21,450 (hatchback)

CONTRIBUTED

FINDING THE BEST BANG FOR YOUR BUCK

Mazda's compact sedan and hatchback models remain among the most attractive in their price bracket.

They emulate the mid-size Mazda6 sedan and share visual kinship with other fleet members. The Mazda3 also benefits from Mazda's Skyactiv suite of structural and powertrain enhancements, including a stiffer platform and finely tuned suspension and steering components geared to sports-car-like precision. For 2017, Mazda has added G-Vectoring control to all Mazda3 models plus the Mazda6 sedan.

Basically the system temporarily reduces engine torque when the driver enters a turn, which places more g-force over the front axle. That added force while turning enhances steering response. Additional improvements include modest front- and rear-end redesigns and new alloy wheels. Unchanged are the Mazda3's base and optional four-cylinder powerplants that can be had with six-speed manual transmissions or six-speed automatics.

Regardless of choice, the Mazda3 is an impressive piece of work that will be appreciated by anyone who enjoys driving something sporty, but without the space limitations that traditional sports cars impose.

Fun-to-drive sporting behaviour

The Mazda CX-3 is one cute and sporty little wagon that's getting a lot of attention, but it does have its limitations. For more people and cargo capacity, the bigger CX-5 is a better choice.

It not only looks pretty good, too, but it's just as lively a driver. The CX-5's mechanical bits are part of Mazda's "Skyactiv" system that's more than just marketing puffery; it represents a holistic transformation of the powertrain plus various other components that help save fuel and turn the entire lineup into exemplary driving machines.

For the chassis and suspension, the automaker's engineers have infused the CX-5 with fun-to-drive sporting behaviour, combined with highly efficient engines and transmissions. The base 155-horsepower four-cylinder does a decent job, while the more potent 184 horsepower engine is really the better choice.

It also consumes only slightly more fuel than the 2.0, even with its mandatory six-speed automatic transmission. All-wheel-drive is available only with this powertrain combo.

CX-5

Base Price (including destination): $24,900

CX-9

Base Price (including destination): $37,300

CONTRIBUTED

Knockout design

Mazda promotes driving fun by employing advanced technology and knockout design. With the new 2016 CX-9, the automaker has applied this approach to an all-new mid-size family wagon with three rows of seats. The inaugural model that arrived for 2007 was a mostly original effort, except for the engine that was created by Ford. For an encore, a turbocharged four-cylinder produces 250 horsepower when using premium gasoline (227 horses on regular fuel) and is connected to a six-speed automatic transmission. The CX-9 carries the same basic looks as the rest of Mazda's lineup, which includes a car-like front end. The interior also wouldn't look out of place in a more upscale automobile. And despite being slightly more than an inch shorter than its predecessor, a 6.4-centimetre gain in distance between the front and rear wheels contributes to increased rear-seat legroom and improved access to the standard third row. The CX-9 GS is the least expensive of four trim levels, but includes lots of basic equipment. However you'll need to pony up a bit more cash for all-wheel-drive, or opt for a higher-end trim level where AWD is standard.

ATTENTION TO DETAIL IS AN UNDERSTATEMENT.

Details matter because driving matters. Test drive the 2017 MAZDA3 and our AWD CX-SERIES vehicles today.

0% PURCHASE FINANCING▼ ON SELECT MODELS

+

UP TO $1,000 WINTER ACCESSORY CREDIT‡ ON SELECT MODELS

GT model shown

2016 CX-3 GX

WEEKLY FINANCE

OFFER FROM $66† at 1.49% APR with $0 DOWN

for 84 months. Taxes extra. On finance price from $22,715.

GT model shown

2016.5 CX-5 GX

WEEKLY FINANCE

OFFER FROM $71† at 1.99% APR with $0 DOWN

for 84 months. Taxes extra. On finance price from $25,790.

GT model shown

2016 CX-9 GS

WEEKLY FINANCE

OFFER FROM $116† at 3.59% APR with $0 DOWN

for 84 months. Taxes extra. On finance price from $37,320.

MAZDA

CANADA'S ONLY UNLIMITED* MILEAGE WARRANTY

STANDARD ON ALL NEW MODELS.

zoom-zoom

mazda.ca

Northshore Auto Mall

morrey auto group

www.morreymazda.com

mazda

morrey mazda NORTHSHORE AUTO MALL 604.984.9211

▼0% APR Purchase Financing is available on select new 2016, 2016.5 and 2017 Mazda models. Terms vary by model. Based on a representative agreement using an offered pricing of $17,595 for the new 2017 Mazda3 GX (D4XK67AA00), with a financed amount of $18,000 the cost of borrowing for a 36-month term is $0, monthly payment is $500, total finance obligation is $18,000. Offer includes freight and P.D.E. of $1,695 and $100 air conditioning charge (where applicable). Offer excludes PST/GST/HST. ‡Mazda winter accessory credit is available to qualifying retail customers who purchase/finance/lease a new, in-stock 2016, 2016.5, 2017 model from an authorized Mazda dealer in Canada between January 4 – 31, 2017. Credit varies by model: $1,000 off all 2016 MX-5, $600 off all 2016/2017 Mazda6, $500 off all 2016/2017 Mazda5 and $300 off all 2016/2017 Mazda3/Mazda3 Sport, 2016/2017 CX-3, 2016/2016.5 CX-5, 2017 MX-5/NX-5 RF and 2016/2017 CX-9. The credit will be deducted from the negotiated price before taxes. See dealer for complete details. †Based on a representative example using a finance price of $37,320/$22,715/$25,790/$17,220 for the 2016 CX-9 GS (GVSM86AA00)/ 2016 CX-3 GX (HVXKB6AA00)/2016.5 CX-5 GX (NVXK66AA50)/2017 Mazda3 GX (D4XK67AA00) at a rate of 3.59%/1.49%/1.99%/1.99% APR, the cost of borrowing for an 84-month term is $4,941/$1,219/$1,859/$1,241 weekly payment is $116/$66/$71/$51, total finance obligation is $42,261/$23,934/$27,649/ $18,461. Taxes are extra and required at the time of purchase. All prices include block heater, $25 new tire charge, $100 a/c charge where applicable, freight & PDI of $1,695/$1,895 for Mazda3/CX-3, CX-5, CX-9. As shown, price for 2017 Mazda3 GT (D4TL67AA00)/2016 CX-3 GT (HXTK86AA00)/2016.5 CX-5 GT (NXTL86AA50)/2016 CX-9 GT (GXTM86AA00) is $26,120/$31,315/$37,215/$47,820. PPSA, licence, insurance, taxes, down payment (or equivalent trade-in) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and Finance on approved credit for qualified customers only. Offers valid January 4 – 31, 2017, while supplies last. Prices and rates subject to change without notice. Visit mazda.ca or see your dealer for complete details. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca.

EXTRA SPACE FOR WHATEVER YOU'RE HAULING

The Pathfinder has proven itself a popular choice among buyers needing enough seats for themselves and their offspring. When not loaded up with passengers, the Pathfinder has plenty of space for camping gear, sports equipment or binge-buying Costco runs.

For 2017, Nissan installed a new nose and significantly updated the standard 3.5-litre V-6 that's connected to a continuously variable transmission. It's now rated at 284 horsepower, a gain of 24 from the previous 260 ponies. In addition, the Pathfinder's suspension was revised for a firmer ride. Unchanged is the All-Mode 4x4-i option. With it, you can select either two- or four-wheel-drive or engage the "Auto" setting and let the system make the call, based on which tire/tires has/have traction. The second-row split-folding seat comes with plenty of fore-and-aft travel and can be tipped forward to access the third row even if a child's booster seat has been attached (the available split-folding third row seat also reclines).

Base Pathfinders arrive well appointed, but among the options are a 360-degree "Around View" camera panorama moonroof, navigation system and a rear entertainment package with dual seven-inch screens.

PATHFINDER

Base Price (incl. destination): $34,300

CONTRIBUTED

Sentra SR Turbo: Chic in the streets

The compact Sentra looks closely similar to the mid-size Altima, so much so that from a distance one could easily be confused for the other.

However it's doubtful that the performance-infused SR Turbo model will be confused for anything else once it hits the streets.

The SR's key component is a torquey little 188-horsepower four-cylinder engine that was originally installed in the Nissan Juke. That's 58 more ponies than the non-turbo Sentra's 130-horsepower I-4. The SR can be ordered with a six-speed manual transmission, or an available continuously variable unit (CVT). Other exclusive items include a strengthened body structure (to accommodate the extra power), stiffer springs, specially tuned front and rear shocks, bigger brakes and an SR-Turbo-specific steering rack.

There's also added standard equipment such as a power-sliding moonroof, sport bucket seats and unique 17-inch wheels.

Meanwhile the regular-strength Sentra carries on with five different trim levels plus a wide assortment of luxury and advanced safety options.

SENTRA

Base Price (including destination): $17,500

A car after your own heart

The Murano is a car that appeals primarily to buyer's hearts. The crisply creased sheetmetal that extends along the door panels is interrupted by a fin-like hitch that seemingly rises into the rear-most side glass.

The cabin is equally impressive, with a low-level instrument panel and enlarged windshield that enhances the forward view. The Murano's sole powerplant is a 260 horsepower V-6. That output level is modest in this age of advanced direct-injection and turbocharged engines found in competing brands, but it's adequate in a wagon that weighs only about 1,800 kilograms. Power is delivered to the front and/or rear wheels via a continuously variable transmission (CVT) with built-in "steps" that sort of mimic a multi-gear automatic transmission.

There are no steering-column-mounted paddle shifters, but the console shifter can be used to manually control the faux ratios.

MURANO

Base Price (including destination): $32,500

CONTRIBUTED

MORREY.COM

NISSAN CONQUER ALL CONDITIONS SALES EVENT

NISSAN
Innovation that excites

NO CHARGE INTELLIGENT **ALL-WHEEL DRIVE** ON SELECT MODELS
OR GET GREAT **LEASE OFFERS** ON OTHER SELECT MODELS

2017 NISSAN ROGUE®

LEASE* FROM $255 MONTHLY WITH $1,495 DOWN THAT'S LIKE PAYING ONLY

$59 WEEKLY AT **0.99%** APR FOR 60 MONTHS ON 2017 ROGUE S FWD

PLUS $600 LOYALTY CASH FOR CURRENT NISSAN OWNERS

2017 NISSAN SENTRA®

LEASE* FROM $212 MONTHLY WITH $0 DOWN THAT'S LIKE PAYING ONLY

$49 WEEKLY AT **0.99%** APR FOR 60 MONTHS ON 2017 SENTRA SV CVT

OR FINANCE FROM 0% UP TO 84 MONTHS

PLUS $500 LOYALTY CASH FOR CURRENT NISSAN OWNERS

2017 NISSAN ARMADA®

STANDARD RATE FINANCE CASH† UP TO **$4,500** ON ALL MODELS

PLUS $1,000 LOYALTY CASH FOR CURRENT NISSAN OWNERS

OFFER ENDS JANUARY 31ST

2017 NISSAN PATHFINDER®

LEASE* FROM $399 MONTHLY WITH $0 DOWN THAT'S LIKE PAYING ONLY

$92 WEEKLY AT **2.49%** APR FOR 60 MONTHS ON 2017 PATHFINDER S 4X2

PLUS $800 LOYALTY CASH FOR CURRENT NISSAN OWNERS

2017 NISSAN TITAN®

LEASE* FROM $384 MONTHLY WITH $1,250 DOWN THAT'S LIKE PAYING ONLY

$89 WEEKLY AT **3.79%** APR FOR 24 MONTHS ON 2017 TITAN CREW CAB S

INCLUDES $6,500 LEASE CASH WHEN LEASING WITH NCF OR GET UP TO $10,000 STANDARD RATE FINANCE CASH ON SELECT MODELS

PLUS $1,000 LOYALTY CASH FOR CURRENT NISSAN OWNERS

2017 NISSAN MURANO®

LEASE* FROM $405 MONTHLY WITH $0 DOWN THAT'S LIKE PAYING ONLY

$93 WEEKLY AT **3.49%** APR FOR 60 MONTHS ON 2017 MURANO S FWD

PLUS $800 LOYALTY CASH FOR CURRENT NISSAN OWNERS

morrey NISSAN of BURNABY

Call 604-291-7261
4450 Still Creek Drive • Burnaby
MORREYNISSAN.COM

Traditional decor includes bright reds, magentas and golds, as seen here in this table setting.
PEPPER AND LIGHT

Dressing up your home for celebrations

NEW YEAR DECOR

Traditional or modern, stick to lucky colours red and gold

Andrea Janus

Unlike traditional Western holidays such as Christmas or New Year's — the go-big-or-go-home events with expensive gifts, giant inflatable snowmen and two months of holiday tunes — Chinese New Year is a much more focused affair. And the theme is always the same: family and prosperity.

That may be why decorating for a Chinese New Year celebration is fairly simple, incorporating lucky colours (red and gold) and other small symbols of togetherness and wealth in all areas of life.

"It's symbolic that family comes together at the close of the year and that the family is together at the beginning of the year," says Wendy Lee, lead planner and wedding designer at Asian Fusion Weddings.

Getting the home ready for the 15-day celebration is fairly simple, she says.

"Even though it's a celebration, it's not equated with a western New Year's Eve. It's more low-key because it's about family," Lee says.

"If you do New Year's Eve western-style, there's a countdown at midnight. We never used to do a countdown at home."

Decor starts with red lanterns, and signs with Chinese calligraphy, both of which are easily found at Chinese department or grocery stores, according to Lee.

The signs have words associated with welcoming the New Year, and wishing guests health and longevity, she says. These are placed above doors and in the windows.

Other decor elements to consider when creating a traditional Chinese New Year atmosphere are kumquat and mandarin orange trees decorated with red "lucky money" envelopes for wealth and good fortune, Lee says.

The Tray of Togetherness

It's common for a family to put out what's called a Tray of Togetherness a couple of days before Chinese New Year begins. It remains out until the end of the celebration, the 15th day.

"The tray's contents are based on the host family's preferences, as well as what their guests might enjoy," Lee says.

The tray typically has six or eight compartments (the Chinese word for "six" sounds similar to the word for "luck" or "road," while the word "eight" sounds similar to the word that means "prosperity" or "wealth," Lee says). Small edible items that have special meaning for the family are then put in each compartment, and guests can enjoy them when they come over during the New Year period.

Dinner time

A dinner celebrating Chinese New Year is often at a round table and is served family- or buffet-style, according to Lee, with a turntable-like tray in the middle holding all the food.

A traditional place setting will include a large plate with a small, empty rice bowl in the middle, a set of chopsticks to the right of the plate, a spoon and a small teacup. A large water or wine glass may also be included.

For Lee's part, she is trying to spread the notion of dressing up the dining room, or an event space for a larger crowd, with a bit more flair.

"Even if your family is 30 or 40 people and you have a small room enclosed in a restaurant area, you can still bring some of these decorative elements in," she says. "People can add their personal touches."

STAR METRO MEDIA THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

metro TRAVEL

Your essential daily news

After years of draught, California ski resorts see record snowfall

5 ESSENTIAL EXPERIENCES TO HAVE IN ECUADOR

With four distinct eco-systems, Ecuador is more than just a jumping-off point for the Galapagos. Exploring the interior delivers Andes mountain magic and Amazon jungle surprises. You can visit Ecuador all year round. January to May are the warmest months, but also the wettest. June to December tends to be cooler, and crowds are rare. **DOUG WALLACE/FOR METRO**

DOUG WALLACE/FOR METRO

1 Explore the capital

Quito is a series of mini-neighbourhoods, each with a different essence and identity. Old Town brims with historic buildings, churches and museums. La Marsical comes alive at five, with young locals and tourists spilling out of the bars and restaurants near Plaza Foch. Head over to Calle de la Ronda for an authentic Ecuadorian snack and a happy-hour two-for-one. Cabs cost next to nothing, so you can skip the too-busy bus.

JODI BERNSTEIN/FOR METRO

2 Get sporty

Adventure sports abound in Baños in south-central Ecuador, a relaxing spa town best known for its paragliding, canyoneering and zip lining, as well as its picturesque parks, hilltop hikes and calming waters. Spring for a massage at one of the spas or pop into the local mineral baths for $2, and do the hot-and-cold healing-water circuit.

DOUG WALLACE/FOR METRO

3 Hit the highlands

A trip up the winding highways to the highlands nets you volcanic vistas, indigenous realism and misty forest. The city of Otavalo, in a lake region known for its textiles, has the largest outdoor market in South America, with row after row of stalls selling crafts and souvenirs. Spend a night at 200-year-old Hacienda Pinsaqui nearby, and enjoy a canelazo in the legendary bar — a spiked cinnamon tea.

TOURS

G Adventures offers a nine-day Ecuador tour every month throughout 2017 as part of its National Geographic Journeys adventure series.

DOUG WALLACE/FOR METRO

4 Journey to the jungle

Journey into the jungle for a night or three at one of the remote lodges in and around Yasuni National Park, accessible only by motorized canoe. You get the full rainforest effect communing with monkeys, fishing for piranha, scanning treetops for rare birds, and watching parrots play along the clay riverbanks. Local community visits yield eye-opening simplicity, a vibrant culture and warm hospitality.

DOUG WALLACE/FOR METRO

5 Eat local

Traditional Ecuadorian food is plentiful, reasonably priced and delicious, particularly the barbecue. Fresh fish, fried chicken and churrasco beef dishes are dolled up with a variety of homestyle hot sauces, patatas fritas, flavoured rice or deep-fried plantain. Steer clear of the street food, as your stomach may not react as positively as your eyes, but do step outside the taste-bud box and experience some of the authentic delicacies. **Doug Wallace's trip was sponsored by GAdventures.com, which did not approve or review this story.**

Where great golf is par for the course

NEVADA

Top courses just a short trip from the Vegas Strip

Brian Kendall
For Metro Canada

Las Vegas offers temptations that would make Caligula blush.

But Sin City is many things, not least an outstanding golf destination. On a recent visit, I played several exceptional courses, whacked balls at newly opened Topgolf Las Vegas — and between rounds dined like a sated emperor in dining rooms that included, most memorably, Nobu Restaurant in Caesars Palace.

Part of the beauty of golf in Las Vegas is that several top courses are just a short cab ride from the Strip, eliminating the need for a rental car.

Next door to the Mandalay Resort and Casino is Bali Hai Golf Club, a gorgeous Schmidt-Curley design offering views of the towering casinos from tees and greens. Golf purists might prefer Desert Pines Golf Club, also in the heart of the city. This Carolina sand hills-style design by the great Pete Dye is lined with more than 4,000 pines.

Mexican-American professional BMX rider and television personality Ricardo Laguna tees off at Topgolf Las Vegas. CONTRIBUTED

Another must-play course right in town is Bear's Best Las Vegas, featuring 18 reproductions of holes selected by Jack Nicklaus from the more than 270 courses he has designed around the world.

Tribute courses like Bear's Best are a natural fit in a town where giant-sized knockoffs of the Eiffel Tower and the Statue of Liberty loom over the throngs of fun-seekers wandering the Strip day and night.

At Royal Links Golf Club homage is paid to the greatest holes found at the hallowed links that have hosted British Opens.

> **This is a city that almost demands at least one big splurge every visit. Mine was at Nobu Restaurant in Caesars Palace.**

A highlight is the recreation of Royal Troon's famous par-three Postage Stamp, which at 123 yards is the shortest hole in the Open rotation.

Other outstanding courses in or near Las Vegas include Las Vegas Paiute Golf Resort, Cascata, TPC Las Vegas and Las Vegas National Golf Club, famous as the site of Tiger Woods' first PGA Tour victory in 1996.

And a popular new attraction for golfers, Topgolf Las Vegas, opened last May in the glittering heart of downtown. The latest in a growing U.S.-wide chain of deluxe driving ranges, Topgolf features four levels of hitting bays, hundreds of HDTVs, a stage for live concerts, swimming pools, private VIP rooms, and even a Callaway golf fitting centre. Golfers score points by hitting targets on the range.

It's all wonderfully entertaining. Indeed, my visit to Topgolf made me wonder if I was looking at the future of golf. Regional Topgolf champions recently competed in Las Vegas for a grand prize of $50,000 U.S.

Pricing at Topgolf starts at $30 U.S. per hour for a group of up to six people, a bargain as Las Vegas entertainments go.

But this is a city that almost demands at least one big splurge every visit. Mine was at Nobu Restaurant in Caesars Palace, part of a wildly acclaimed fine dining chain featuring the Asian fusion cuisine of Nobuyuki "Nobu" Matsuhisa.

Specialties include black cod miso (Robert De Niro's favourite), rock shrimp tempura, and yellowtail sashimi with jalapeno and squid pasta. In all my golf travels, I've rarely — if ever — dined better.

For more golf travel stories, visit Brian's website at canadiangolftraveller.com

Blow Off Winter Sale

Qualifying vacations now include *Price Drop Guarantee!

Don Juan Beach Resort
★★★Plus
Santo Domingo, D.R.
Mar 06, 2017
7 Nights
All Inclusive
Price drop guarantee $715 + $470 taxes (SWG)

Riu Emerald Bay
★★★★★
Mazatlan, Mexico
Feb 24, 2017
7 Nights
All Inclusive
Price drop guarantee $955 + $410 taxes (SWG)

Hotel Star Inn Porto ★★★
Porto, Portugal
May 21, 2017
7 Nights
Flight, hotel, transfers & breakfast
Pre-Season Sale: $100 deposit
$1079 + $477 taxes (ATH)

Aston At The Maui Banyan ★★★
Maui, Hawaii
Apr 04 & 05, 2017
7 Nights • Flight & Hotel
Buy 1, get 2nd 50% OFF Sale
1ST passenger $1239
2nd passenger $619
+$223 taxes p/p (ACV)

SellOff vacations.com

Speak to a travel expert today!

604 708 5028
411 West 8th Avenue

Vancouver departures. Applicable for new bookings only. Blow Off Winter Sale is a limited time sale. * Price Drop Guarantee is applicable for bookings made from 4pm EST on Jan 20 to midnight on Feb 03, 2017 for travel between Feb 4 and May 17, 2017. A $50 per person administration fee will be applied to all claims submitted. Price Drop Guarantee applies to qualifying Sunwing or Signature Vacation packages only. Price Drop Guarantee is applicable to those who register within 7 days of booking their vacation. For reservations made outside of the above travel and booking windows, you have the option to purchase Price Drop Guarantee for only $49 per person. All above prices are per person based on double occupancy for 7 nights on all-inclusive vacations (unless otherwise specified). All transportation taxes and related fees must be prepaid. Local taxes payable at the destination are extra (if applicable). Above offers are not combinable with any other promotion. Promotions are subject to change and can be withdrawn at any time without prior notice. In flight service varies according to flight times. For full terms and conditions visit SellOffVacations.com or call 1-877-SellOff (735-5633). While all reasonable efforts are taken to ensure the accuracy of the information in the ad, SellOffVacations.com accepts no responsibility for actions, errors and omissions arising from the reader's use of this information howsoever caused. SellOffVacations.com, a division of Sunwing Vacations Inc., 27 Fasken Drive, Toronto, Ontario Canada M9W 1K6. TICO Reg. # 4276176 British Columbia license #39606 Quebec Permit # 702928

metro SPORTS

Canada's Mac Marcoux earned his second gold of the para-alpine skiing worlds, teaming with guide Jack Leitch to win the visually-impaired super-G

Smith shuts out Canucks as Coyotes' attack bites

NHL

Burmistrov, Crouse, Rieder on target for Arizona

Alexander Burmistrov scored his first goal as a member of the Arizona Coyotes and Mike Smith earned his 31st career shutout — first this season — in a 3-0 victory over the Vancouver Canucks on Thursday night.

Burmistrov's power-play goal came in his sixth game since being claimed off waivers from Winnipeg and helped give Arizona its first three-game winning streak of the season.

Lawson Crouse also scored for the Coyotes against the punchless Canucks, who didn't get a shot on goal for the first 28:12 of the game.

Tobias Rieder got an empty-net goal with 34 seconds to play, his third goal in three games. Vancouver didn't get a shot on goal the entire first period and was outshot 31-19.

Smith, who will play in this weekend's All-Star Game, needed only 19 saves for his 20th shutout as a Coyote. The Canucks' Ryan Miller had 28 saves.

The Coyotes snapped a five-game losing streak against Vancouver. Arizona dominated most of the game, but didn't score until Crouse sneaked the puck past Miller on a wraparound with 7:04 left in the second period.

The Coyotes had all the offensive pressure in the opening period, outshooting the Canucks 6-0, but had nothing to show for it. Several attempts were from close range, but Miller fought them off. It was the second time franchise history that the Coyotes had not allowed a shot in the first period and the fourth time they hadn't allowed one in any period.

Vancouver Canucks left wing Sven Baertschi crashes into Arizona Coyotes goalie Mike Smith during the second period in Glendale, Ariz. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

THURSDAY in Arizona

3	0
COYOTES	CANUCKS

The difference reached 11-0 before Vancouver finally got its first shot when Alexandre Burrows sent the puck most of the way down the court in a clearing attempt on an Arizona power play and Smith easily stopped it 8:12 into the second period.

Moments later, Smith stopped a much more serious threat with a glove save from close range and knocked one away with his toe just before Arizona's first score.

Burmistrov's goal came after a double-minor four-minute penalty for high sticking against Vancouver's Sven Baertschi.

Vancouver's Michael Chaput attempted to clear the puck away from the net, but it went right to Burmistrov, whose strong wrister sailed past Miller to make it 2-0 4:29 into the final period. The Canucks were playing for the second night in a row. They won at Colorado 3-2 on Wednesday.

THE ASSOCIATED PRESS

GOLF

Hadwin second as Tiger struggles

Tiger Woods had a rough return to the PGA Tour on Thursday but two Canadians found themselves in the top 3 after the first round.

Woods, playing in a PGA Tour event for the first in 17 months, fell apart on the back nine of the South course at Torrey Pines and wound up with a 4-over 76, leaving him in danger of missing the cut at the Farmers Insurance Open.

He was 11 shots behind Justin Rose, who shot a 65 on the shorter North Course.

Adam Hadwin of Abbotsford, B.C., was one stroke back of Rose after a 6-under 66. Hadwin is coming off a second-place finish at the CareerBuilder Challenge that saw him shoot a 13-under 59 in the third round.

"I don't want to say it was as good as a 59, but it was pretty darn good," Hadwin said.

Ottawa's Brad Fritsch was tied for third at 5-under, Graham DeLaet of Weyburn, Sask., sat at 4-under and Nick Taylor, also of Abbotsford, was 3-under.

Woods didn't hit a fairway after No. 7 and had to cope with thick rough he had not seen in some time. Woods said he had a hard time adjusting to the pace of play from being in threesomes for the first time since he last played a PGA Tour event at the Wyndham Championship in August 2015.

"Honestly, it was just weird waiting that much," he said. "Not used to doing that. At home, I guess we're flying a little quicker than this. It was just a different rhythm."

THE ASSOCIATED PRESS

B.C.'s Adam Hadwin shot a 66 while leader Justin Rose of shot a 65. GETTY IMAGES

AUSTRALIAN OPEN

Williams sisters to face off in final

Win or lose, Serena Williams sees another all-sister final at the Australian Open as cause for celebration.

The 35-year-old Williams arrived in Australia bidding for a 23rd Grand Slam title, aiming to break the Open-era record she shares with Steffi Graf. By winning, she'd also regain the No. 1 ranking she lost after her U.S. Open semifinal exit.

She doesn't enjoy the suspense, or talk about the number. Her older sister, Venus, knows that better than anyone after their two decades of competing together in the majors.

Now the 36-year-old Venus is the potential roadblock, back in a major final for the first time since she lost the previous all-Williams Grand Slam final at Wimbledon in 2009.

"I just feel like no matter what happens, we've won," Serena said. "A Williams is going to win this tournament."

THE ASSOCIATED PRESS

IN BRIEF

Tortorella to miss games due to family emergency

Columbus Blue Jackets coach John Tortorella has returned to Ohio because of a family emergency, keeping him out of both Thursday night's game with Nashville and the NHL All-Star Game this weekend.

The Blue Jackets announced Tortorella's departure Thursday. "There is a personal matter that requires my attention that will force me to leave the team temporarily," Tortorella said. THE ASSOCIATED PRESS

NBA

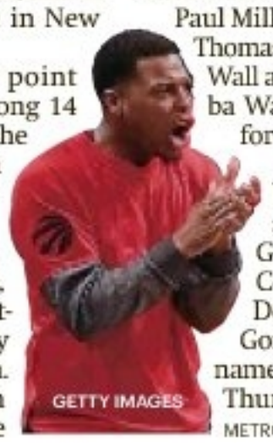
Lowry in for all-star

Kyle Lowry will once again join teammate DeMar DeRozan as an all-star, this time in New Orleans.

The Raptors star point guard Lowry was among 14 reserves selected by the league's coaches on Thursday night for the Feb. 19 game.

In a reverse from last year in Toronto, DeRozan is in the starting five while Lowry will come off the bench.

The other Eastern Conference reserves are Indiana's Paul George, Cleveland's Kevin Love, Atlanta's Paul Millsap, Boston's Isaiah Thomas, Washington's John Wall and Charlotte's Kemba Walker, who is going for the first time.



GETTY IMAGES

Russell Westbrook, Klay Thompson, Draymond Green, DeMarcus Cousins, Marc Gasol, DeAndre Jordan and Gordon Hayward were named the West reserves Thursday.

METRO/THE ASSOCIATED PRESS

Not everybody's sold on bye week

NHL

Teams adjust on fly to new scheduling wrinkle

Mike Smith felt weird.

The All-Star goaltender for Phoenix knew other teams were playing while he and the rest of the Coyotes were enjoying a week off. He filled his time by sledding with his kids and not doing too much of anything.

"It's been great," Smith said. "I've got to spend some quality time with my family, my kids. Nothing crazy, pretty chilled and pretty relaxed."

A five-day bye week for each team is a new wrinkle added to the NHL this season so players can get a breather during the second half of a grueling, 82-game grind. The players' union negotiated for it last year in exchange for agreeing to the 3-on-3 tournament that replaced the traditional All-Star Game.

The NFL-style bye week will return next season or in 2018-19 — depending on whether NHL players go to the Pyeongchang Olympics — because that 3-on-3 All-Star format is in place Sunday in Los Angeles.

Players are widely in favour of the extra time off, even though it compresses the schedule for the rest of the year, but it isn't as popular among coaches and general managers. Washington Capitals coach Barry Trotz is concerned about injuries when a team coming off a bye plays an opponent that has been in action. Philadelphia Flyers general manager Ron Hextall isn't a big fan of the concept in general.

"I think it's ridiculous," Hextall said recently. "The most asinine thing I've ever seen."

Old-school hockey people are characteristically resistant to change, but current players love it. Players' feedback from the 2014 Sochi Olympics was that the time off re-energized them for later in the season.

The Penguins topped the Lightning 6-2 in their first game after their bye week before losing three straight. GETTY IMAGES

As All-Stars gather in L.A. this weekend, a lot of players will go on vacation but they also believe the best in the NHL deserve a break, too.

The Pittsburgh Penguins and New York Islanders were the first to go on their byes Jan. 1, and the Anaheim Ducks will be the last to come off theirs March 2. Trotz and the Capitals have been charting results coming out of the bye week in preparation for their break in mid-February.

When the bye week idea came about, Trotz sent a proposal to the NHL to have groups of teams take bye weeks together so they're in the same shape and timing and injuries don't pile up. Even better, the intent in the future is to have half the league off the five days before All-Star Weekend and the other half the five days after to make it more even across the board.

No matter the timing, bye weeks make for a difficult adjustment back to game shape.

"These guys are used to playing the game every day and touching the puck every day, and when you take them away from that, their timing, I think their game timing tends to establish a little bit of rust," Penguins coach Mike Sullivan said. "I think that's what happens in professional sports when these athletes are used to honing their craft day in and day out."

Winger Carl Hagelin felt some of that rust in Pittsburgh's first game back Jan. 8 with his stick handling and execution. But he also felt some extra energy in his legs.

"It's five full days off and you get to recover and heal some bumps and bruises," Ottawa Senators centre Chris Kelly said. "But that being said, we played 17 in 30 days to start a season. That's very unusual in the NHL, especially when you're competing against baseball and the NFL. Most times when you're playing 17, 18 a month, it's March. That's maybe the bit of the downside to it."

Even with that caveat, players will gladly take the extra rest that comes with the bye week.

"Our schedules, you don't really get to take vacations ever," Capitals goaltender Braden Holtby said. "It's good for family life, and playing is better when family's good." THE ASSOCIATED PRESS

444

According to the On The Forecheck blog, teams will play a total of 444 sets of back-to-backs this season, up from 412 in 2015-16

bclc Know your limit, play within it. GameSense 19+

ENGLISH LEAGUE CUP

United eye Wembley after taming Tigers

Manchester United reached the English League Cup final despite surrendering its 17-match unbeaten record with a 2-1 loss to Hull in the second leg of their semifinal on Thursday.

United, which won the first leg 2-0, advanced with a 3-2 win on aggregate and will play Southampton in the final at Wembley Stadium on Feb. 26.

On-loan striker Oumar Niasse scored the consolation winner with an 85th-minute tap-in.

Paul Pogba GETTY IMAGES

Tom Huddlestone gave the hosts the lead at KCOM Stadium by converting a 35th-minute penalty, awarded for Marcos Rojo's tug on Harry Maguire at a corner. Paul Pogba equalized from close range in the 66th, a bright spot in an otherwise disappointing display by the France midfielder. THE ASSOCIATED PRESS

IN BRIEF

Lincicome shoots 9-under

Brittany Lincicome shot a tournament-record 9-under 64 on Thursday to take the first-round lead in the LPGA Tour's season-opening Pure Silk Bahamas Classic.

Lincicome played a six-hole stretch at Ocean Club in 6 under, capping the run with an eagle on the par-5 seventh hole. She added birdies on 11, 14 and 15, and had only 24 putts - the first a 30-footer for par on No. 1.

Canada's Brooke Henderson closed with a 72. THE ASSOCIATED PRESS

Kansas coach self waiting for facts on rape allegations

Kansas coach Bill Self said Thursday that a police investigation of an alleged rape at his team's dorm has given him no reason yet to discipline players as the Jayhawks prepare to play at Kentucky.

Self acknowledged that the investigation of the alleged attack last month of a 16-year-old girl at McCarthy Hall has become a "major distraction" heading into Saturday's showdown. THE ASSOCIATED PRESS

CFL

Carter and Glenn reunite as Riders

Duron Carter and Kevin Glenn are together again.

The veteran receiver signed as a free agent Thursday with the Saskatchewan Roughriders. The move comes two days after Glenn, who's entering his 17th CFL season, joined the club after being released by the Winnipeg Blue Bombers.

Glenn and Carter were teammates in Montreal last season before Glenn was dealt to Winnipeg on Sept. 11. Glenn started nine of the Als' first 10 games but was relegated to backup duties behind Rakeem Cato after the club won just three.

Duron Carter THE ASSOCIATED PRESS FILE

"I really appreciate that (being reunited with Glenn) because last year ... I felt like we were really clicking," Carter said during a conference call. "The opportunity to play with him again definitely feels great." THE CANADIAN PRESS

Saints beckon for growing Bighill

CFL

Lions huge stepping stone in linebacker's move south

Adam Bighill had 108 tackles and five sacks for the Lions last year. JASON FRANSON/THE CANADIAN PRESS

> **Being under-sized isn't a concern because I feel like I play like I'm six foot two.**
> Adam Bighill

Adam Bighill won't change the approach that made him a CFL star when he wears the jersey of the NFL's New Orleans Saints.

The five-foot-10, 230-pound linebacker will get his first NFL opportunity after signing a three-year deal with the Saints earlier this month. The former Central Washington star was bypassed in the league's 2011 draft and instead signed with the B.C. Lions.

Under-sized by NFL standards, Bighill adjusted quickly to Canadian football, becoming a starter as a rookie. He missed only nine games with B.C., and just three after the 2011 season when the Lions won the Grey Cup.

"I don't see (cracking the Saints' roster) too much different than if I were to evaluate myself up here," Bighill said. "Just be consistent, have trust in what you're going to do on the field every snap and build trust within the coaching staff.

"It's not really about making sure you get it right, it's all about knowing where you're going and are they going to be able to stop you? They (Saints coaches) will learn I'm going to give them everything I've got. Football is my life and I take it very seriously."

Bighill isn't the only former CFL player on New Orleans' roster.

The Saints also added defensive back Forrest Hightower of the Grey Cup-champion Ottawa Redblacks this off-season and their roster features defensive backs Delvin Breaux and Erik Harris, two former Hamilton Tiger-Cats.

Bighill had six productive seasons with B.C., registering 489 tackles and 33 sacks in 99 games. Last year, he and fellow linebacker Solomon Elimimian became the first teammates to register 100 or more tackles in the same season.

"I'm going to miss (Elimimian), my teammates and the coaches and the friends I've made throughout the CFL," he said. "Leaving a legacy is something I really wanted to do but at the same time you realize you can only play this game for so long.

"This is really going to be the best opportunity for me and my family."

Bighill admits facing many challenges early in his CFL career. But six years later, he feels he's better equipped now to battle for an NFL position than he was after university.

And he doesn't see encountering any difficulties having to now revert back to American football.

"I think it'll be easier going back just because of the cerebralness you need for the CFL game," Bighill said.

"In the NFL, you have one guy that can motion or you'll have three people move and set themselves but there's not a bunch of motion. When people line up you can, for the most part, get a really good clue of what they're going to do just based on their alignment."

THE CANADIAN PRESS

metro Service Directory To advertise call 604.602.1002

SPIRITUALISTS

ESHWAR ASTROLOGY CENTRE
BORN GIFTED WITH PSYCHIC & SPIRITUAL POWERS
OVERPOWERS AND IMPOSSIBLE PROBLEMS WILL BE SOLVED
9 TIMES MORE EXPERIENCED ASTROLOGER
Reuniting Lost Love · Family Issues · Separation - Divorce · Success in Career · Marriage Problems · Negative Energy
POWERFUL LOVE AND MONEY SPELLS
ANY TYPE OF BLACK MAGIC WILL BE REMOVED IN 3 DAYS
DON'T MISS THE ULTIMATE HEALING EXPERIENCE
604-760-3342 / SURREY. BC

#1 VANCOUVER ASTROLOGER & PSYCHIC
PANDITH Thulasi Ram 9TH GENERATION PSYCHIC
NOBODY CAN BREAK MY PROTECTION, IT'S MY CHALLENGE
Tells Past, Present & Future. Health, Happiness, Love, Work, Family, Husband-Wife, Children, Jealousy, Money, Court, Sexual, Enemy, Lottery & Good Luck, etc.
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
604.376.7362 | 13418 71A Ave. 134st Surrey BC V3W 2L2

UNIQUE SPIRITUALIST, PSYCHIC & FORTUNE TELLER
Pandit: JAI RAM
Now your past, present & future.
100% Removes black magic.
I REMOVE PROBLEMS: Bad luck · Depression · Suffering · Embarrassment · Hard time · Black magic · Witch craft · Jadoo · Evil spirit · Evil eye power · Jealousy · Curse, etc...
I GIVE SOLUTIONS: Business · Health · Financial matter · Job · Lotto number · Spousal conflicts · Love & marriage · Education · Child mistake · Family problem · Court case · Divorce · Miscarriage
If you have belief in yourself, come & meet me & get 100% solutions.
SORT OUT ANY KINDS OF PROBLEM IN 48 HOURS. SATISFACTION 100% GUARANTEE. NOBODY BREAK MY WORK.
GOD IS BELIEF, BELIEVE IS ASTROLOGY.
Open 7 days a week 10am-8pm • Call for appointment
604-617-2197

FINANCIAL

credit700.ca
$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
Call us or apply online
1-855-527-4368
www.credit700.ca

SPIRITUALISTS

JAY SANTOSHI MATHA ASTROLOGY
PANDIT: OM PRAKASH
MASTER OF DARK ARTS & FAITH HEALER
SPECIALISED IN PARAPHSYCHOLOGY
Priest is Superior in Astrological Science, Advanced Astrology, AstroSpiritual Retreat, Spiritual Remedies, Palmistry, etc.
Can solve problems like Love, Financial, Family, Health, Enemy, Court Cases, Business, Personal Problems and any other Problems
Can remove Spiritual Possession and Spiritual Disturbance • If you have any desire, I will make it happen
604.761.2118 11863 Gilmour Crest, Delta, BC V4C 1L2

INDIAN ASTROLOGER & PSYCHIC
PANDITH RAMDEV
PALM *READING * FACE READING • HOROSCOPE
REMOVES BLACK MAGIC. HADOOP. VISIO. OBEYAH EVIL SPIRITS & PROVIDES 100% PROTECTION
EXPERT IN BRINGING BACK LOVED ONES...
SOLVES PROBLEM IN BUSINESS, LOVE, MARRIAGE, JOB MONEY, CHILDREN MISTAKES, HUSBAND & WIFE MATTERS RELATIONSHIP, WEALTH, SICKNESS, DEPRESSION, COURT MATTERS, JEALOUSY, PERSONAL MATTERS
NOBODY CAN BREAK MY WORK IF YOU HAVE PROBLEMS. I HAVE SOLUTIONS
604-369-8051 Life long protection 12187 75 Ave, Surrey, BC

ASTROLOGER & PSYCHIC HEALER
MASTER: SHIVARAMJI
EXPERT IN HOROSCOPE, PALMISTRY, FACE READING, ETC.
SPECIALIST IN BRINGING BACK LOVED ONES...
Master is Expert in All Types of Removing Black Magic, Voodo, Spirit, Obeau, Generation Curses, Evil Energy & Spirits, Butu, Witchcraft & Bad Luck. Solves Problem in Business, Love, Marriage, Job, Money, Children. Any kind of personal problems.
OPEN 7 DAYS 10 AM - 9 PM
604-621-5642
ALL RELIGIONS WELCOME 12070 76 Ave, Surrey, BC WALK-INS WELCOME

MAKE IT TONIGHT

Comforting Slow Cooker Chicken Stew

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Just get your ingredients into the slow cooker in the morning and all the work of dinner is all done.

Ready in 6 hours 10 minutes
Prep time: 10 minutes
Cook time: 6 hours 10 minutes
Serves 4

Ingredients
- 6 chicken thighs
- 1 potato, peeled and cubed
- 1 Tbsp vegetable oil
- 2 onions, chopped
- 4 stalks celery, chopped
- 2 carrots, peeled and chopped
- 1 Tbsp fresh thyme (1 tsp dried)
- 1 or 2 bay leaves
- 1/4 cup flour
- 2 cups low-sodium chicken stock
- 1 cup fresh or frozen peas
- 1/2 cup light cream

Directions

1. In a Dutch oven or high-sided skillet, sauté onions, celery and carrots in splash of vegetable oil for about five minutes.

2. Add flour, thyme and bay leaves and stir for a minute. Add stock and stir until smooth. Simmer for 3 or 4 minutes until sauce thickens.

3. Add the potatoes and good pinch of salt and pepper.

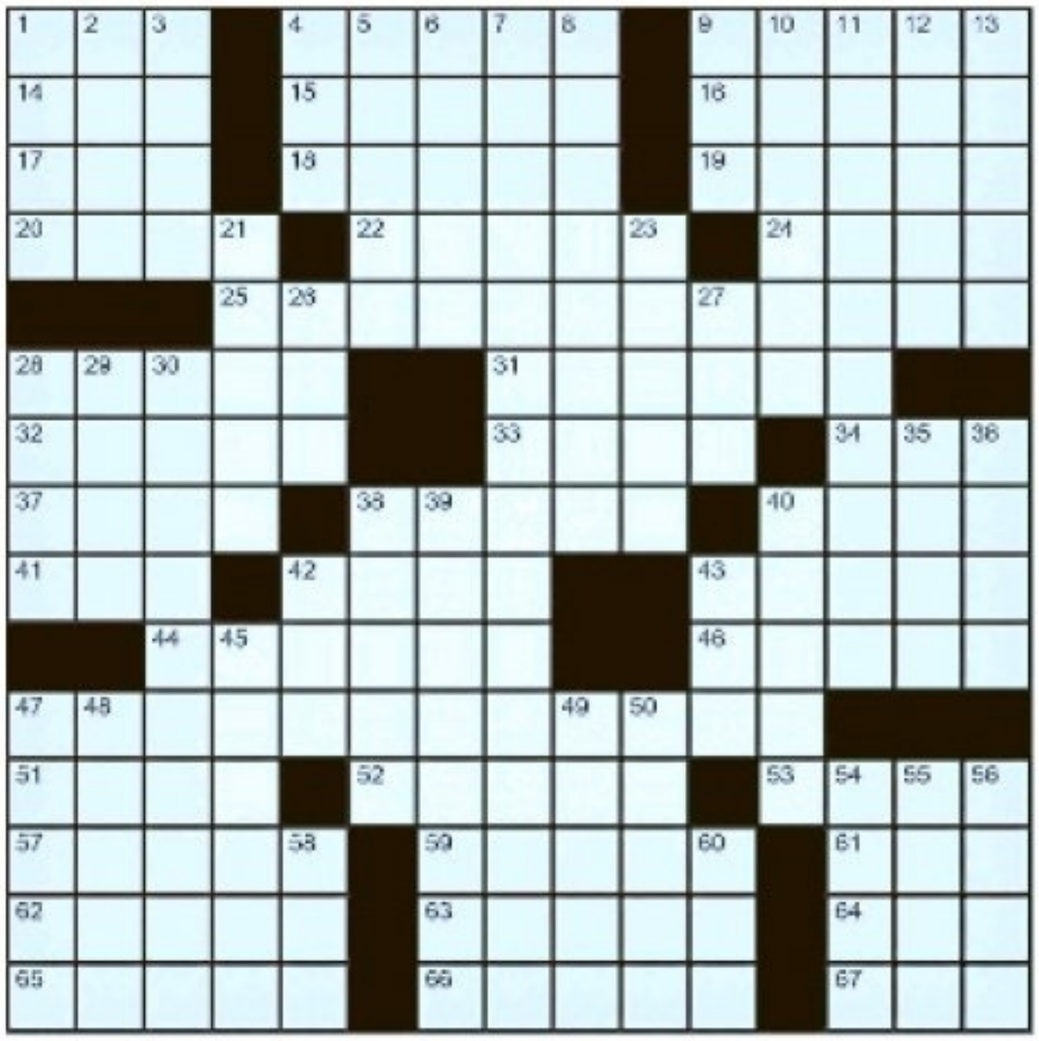
4. Place chicken thighs in the bottom of slow cooker and spoon the vegetable mixture over. Seal and set for 6 hours.

5. Add peas and cream and cook for 10 more minutes. Serve plain or over mashed potatoes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Fancy that!" [pl.]
4. Genesis brother's namesakes
9. "Pretty Little _"
14. Collagen target
15. Medical gig for George Clooney on '90s TV: 2 wds.
16. "I challenge you to _ _!" (Sword-fight starter)
17. Caustic solution
18. Princes' "_ _ the Times"
19. Gladiator's 351
20. Goes off course
22. High wave
24. _ _ can (One-of-some spotted in the pantry)
25. Canadian scientist (b.1862 - d.1941) who was a recent Google Doodle: 2 wds.
28. Penned up
31. Swimsuits brand
32. Overturn
33. Street sort
34. Goose egg
37. Twisted
38. Sheathes, as with metal
40. Ms. Horne
41. Tree chopper
42. Elinor _ (British romance novelist)
43. Devoutness
44. Facing
46. Some chocolate treats
47. Irving _ Inc., headquartered in Halifax
51. Prefix with 'are' (Land measure)
52. Contempt
53. Heartbeat read-outs, commonly
57. The Hunter constellation
59. Green Day's "When _ _ Around"
61. Small battery
62. Happen as a result
63. Toast in a tavern!
64. PC information units
65. _ voce (Softly)
66. Particular sports network awards
67. Iris locale

DOWN
1. "_ McBeal"
2. "Howdy!": 2 wds.
3. Disgorge
4. Bronze Roman money
5. Nova Scotia island in the area of the Gulf of Maine and Bay of Fundy
6. Artist Mr. Degas
7. Section of the Rideau Canal with three vessel lift stations which are numbered 14, 15 and 16: 3 wds.
8. Keeping-track-of-game-points aid
9. Lake: French
10. Personhood proof: 2 wds.
11. "Going once, going twice..." professional
12. "The Beachcombers" character
13. Embark embarrassedly
21. "_ of a Woman" (1992)
23. Utopias
26. Math verb
27. Wide shoe width
28. Havana's locale
29. Top
30. Occupation of #25-Across, Botanist/_
35. Go _ detail (Elaborate)
36. Potato chips brand
38. North Pole surname
39. Put words to music as Tim Rice, Brit-style
40. Vassal
42. American Pres. monogram after Bill Clinton
43. Cook's need
45. Decide not to enroll or select: 2 wds.
47. Sandals and sneakers
48. "Tell _ _" by The Zombies
49. Sag
50. When flowers begin to bloom: 2 wds.
54. Candles-topped dessert
55. Eva's "Desperate Housewives" character, to pals
56. Mailing encl.
58. Retro's opposite
60. Pro golfer Ernie

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't get hung up on the fact that you feel a bit lonely or cut off from others today. It's just one of those things. We all have days like this. Plus, lots of people feel this way today.

Taurus April 21 - May 21
Relations with friends or members of groups might be a bit strained or detached and cool today. Don't take this personally. It's not you. It's the spores in the air

Gemini May 22 - June 21
There's no question that relations with authority figures are strained today. Knowing this, it's not a day to ask for a favour or permission, is it?

Cancer June 22 - July 23
Travel for pleasure seems to be a bit more like work today. Ditto for exploring educational opportunities. Struggle on.

Leo July 24 - Aug. 23
You might be disappointed in your fair share of something today. "That's it?" Don't worry, because in a day or two, things will swing back in your favor.

Virgo Aug. 24 - Sept. 23
Relations with partners and close friends are detached today. One tends to think, "What am I getting out of this relationship compared to what I'm putting into it?"

Libra Sept. 24 - Oct. 23
Your interactions with co-workers could be better. Others are not inclined to help you or go along with things. You might even feel the same way. Just coast today.

Scorpio Oct. 24 - Nov. 22
This is a bummer day for romantic relationships, because people tend to think, "What's in it for me?" This is not a giving day — it's quite the opposite.

Sagittarius Nov. 23 - Dec. 21
Today your ideas about redecorating or making improvements at home might be halted, because the cost of things is just prohibitive. Wait a week to see what you think later.

Capricorn Dec. 22 - Jan. 20
Relations with daily contacts are strained today. In fact, you feel unloved and unappreciated. Oh well. This too, shall pass. (You are loved.)

Aquarius Jan. 21 - Feb. 19
Something to do with your finances (business or personal) disappoints you today. Well, you are not alone. Many people feel a financial squeeze play right now.

Pisces
Feb. 20 - March 20
Today you are more concerned with practical realism as opposed to touchyfeely matters. Frankly, you simply have to work with what you've got. Today, you're on your own.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1		4		2			
				9		5		6
	2		8					
9						7		5
	5						3	
8		3						4
					3		9	
1		4		6				
			7		8		1	

©2014 Conceptis Puzzles, Ltd. by kind permission Syndicate, Inc.

DOWNLOAD METRO'S NEW APP NOW

OFFLINE READING

•LOCAL NEWS • VIEWS •LIFE • SPORTS

>>>

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	7	8	5	6	9	1	3	4
3	1	6	4	7	8	5	2	9
9	4	5	1	3	2	7	6	8
7	5	2	6	4	3	8	9	1
8	6	3	9	5	1	2	4	7
4	9	1	2	8	7	6	5	3
1	3	9	7	2	5	4	8	6
5	8	4	3	1	6	9	7	2
6	2	7	8	9	4	3	1	5

EVERYBODY GETS APPROVED!

- ☑ BAD CREDIT
- ☑ NO CREDIT
- ☑ WRITE-OFFS
- ☑ SLOW PAYMENTS
- ☑ REPOSSESSIONS
- ☑ BANKRUPTCY
- ☑ COLLECTIONS
- ☑ JUDGEMENTS
- ☑ DIVORCE

EASY FINANCING! BAD CREDIT, NO CREDIT, BANKRUPT? NO PROBLEM!
OVER 300 QUALITY USED VEHICLES AVAILABLE! ALL MAKES!!

2013 CHEVY TRAX
FRONT WHEEL DRIVE, MANUAL TRANSM., CLOTH INTERIOR, 51000 KMS
$10,990

2015 FIAT 500L
LOUNGE, AUTO, PANORAMA ROOF, NAVIGATION, ONLY 13300 KMS
$18,447

2013 CHRYSLER 200
4 DOOR SEDAN, 2.4L ENGINE, AIR CONDITION, POWER GROUP
$12,987

2014 FORD ESCAPE
S MODEL, FRONT WHEEL DRIVE, AUTOMATIC, AIR CONDITION, POWER GROUP, 26000 KM
$18,897

2016 CHEVY SONIC
LT, AUTOMATIC, A/C, POWER GROUP, ORIGINAL MSRP $23,165
$13,983

2012 MERCEDES C250
2 DOOR COUPE, GENUINE LEATHER SEATING, NAVIGATION, ONLY 29000 KMS, PRISTINE !
$26,971

2016 HYUNDAI ELANTRA
GT, 5 DOOR, AUTOMATIC, AIR CONDITION, POWER GROUP, ALLOYS !
$14,987

2014 FORD FLEX
SEL, ALL WHEEL DRIVE, PANORAMA ROOF, 7 PASSENGER, 43000 KMS
$27,980

2017 CHEVY SPARK
LT, HATCHBACK, AUTO, A/C, POWER WINDOWS & LOCKS, 4800 KMS
$15,986

2013 BMW 328I
XDRIVE, SPORTS PACKAGE, MOONROOF, LEATHER, NAVIGATION, 32000 KM
$28,988

GOOD CREDIT, NO CREDIT, DAMAGED CREDIT, BANKRUPTCY!

ALL ARE WELCOME!

Applicable taxes plus a $549 documentation fee to be added to posted prices. Offer ends January 31st, 2017.

Dueck GM Downtown

888 Terminal Ave., Vancouver, B.C
Next to Home Depot, 5 Minutes East of the Science Center
604.675.7900

Text: 604-710-5302
Email: used@dueckdowntown.com
DUECKDOWNTOWN.COM

Providing Selection, Value and Service since 1926!

DEALER NUMBER #DL10674

MUJI
無印良品

VANCOUVER POP UP STORE
FAIRMONT PACIFIC RIM
JAN 27 – FEB 28, 2017

LIMITED AVAILABILITY. RESERVATIONS REQUIRED.
RESERVE ONLINE: JAPANUNLAYERED.COM

ARCHITECTURE BY KENGO KUMA
#JAPANUNLAYERED #MUJI